

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Adult BJJ All Levels 6:00 am - 7:15 am</p>		<p>Adult BJJ All Levels 6:00 am - 7:15 am</p>		
					<p>Competition Training 10:00 am - 11:00 am</p>
<p>Adult BJJ All Levels 11:00 am - 12:15 pm</p>		<p>Adult BJJ All Levels 11:00 am - 12:15 pm</p>			
<p>Little's BJJ (4-6) 5:00 pm - 5:45 pm</p>		<p>Little's BJJ (4-6) 5:00 pm - 5:45 pm</p>			
<p>Jr Champs (7-8 years) 5:00 pm - 6:00 pm</p>	<p>Adults Essentials 6:00 pm - 7:00 pm</p>	<p>Jr Champs (7-8 years) 5:00 pm - 6:00 pm</p>	<p>Adults Essentials 6:00 pm - 7:00 pm</p>	<p>Women's Only Training 6:00 pm - 7:00 pm</p>	
<p>Basic Jiu-Jitsu (9-13 years) 6:00 pm - 7:00 pm</p>	<p>Leadership Kids No Gi 6:00 pm - 7:00 pm</p>	<p>Basic Jiu-Jitsu (9-13 years) 6:00 pm - 7:00 pm</p>	<p>Leadership Kids No Gi 6:00 pm - 7:00 pm</p>		
<p>MMA/Kickboxing 16+ 6:00 pm - 7:00 pm</p>		<p>MMA/Kickboxing 16+ 6:00 pm - 7:00 pm</p>			
	<p>Adult No Gi Grappling 7:00 pm - 8:30 pm</p>		<p>Adult No Gi Grappling 7:00 pm - 8:30 pm</p>		
<p>Adult BJJ All Levels 7:00 pm - 8:30 pm</p>		<p>Adult BJJ All Levels 7:00 pm - 8:30 pm</p>			