

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