

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	BJJ/Grappling 7:00-08:00	BJJ/Grappling 7:00-08:00		BJJ/Grappling 7:00-08:00			
10:00	Grappling 10:00-11:00		BJJ 10:00-11:00	Grappling 10:00-11:00	BJJ 10:00-11:00		
11:00						BJJ 11:00-12:00	BJJ 11:00-12:00
12:00						Judo/MMA 12:00-13:00	Grappling 12:00-13:00
15:00	Minis 3-6 years 15:10-15:45	Minis 3-6 years 15:10-15:45	Minis 3-6 years 15:10-15:45	Minis 3-6 years 15:10-15:45	Minis 3-6 years 15:10-15:45		
16:00	Minis 3-6 years 16:00-16:35	Minis 3-6 years 16:00-16:35	Minis 3-6 years 16:00-16:35	Minis 3-6 years 16:00-16:35	Minis 3-6 years 16:00-16:35		
17:00	Kids 7-13 years 16:45-17:45	Kids 7-13 years 16:45-17:45	Kids 7-13 years 16:45-17:45	Kids 7-13 years 16:45-17:45	Kids 7-13 years 16:45-17:45		
18:00	BJJ Basics 18:00-19:00	Grappling 18:00-19:00	Grappling 18:00-19:00	Grappling Basics 18:00-19:00	Drill your Game 18:00-19:00		
19:00	BJJ Intermediate 19:00-20:00	BJJ Intermediate 19:00-20:00	BJJ Intermediate 19:00-20:00	BJJ Basics 19:00-20:00	Grappling 19:00-20:00		
20:00	BJJ Competition 20:00-21:00	BJJ Competition 20:00-21:00	BJJ Competition 20:00-21:00	BJJ Competition 20:00-21:00	BJJ Competition 20:00-21:00		