

Adults Schedule:

Mat 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Gi Basics	No Gi Basics	Gi Basics	No Gi Basics	Gi Basics		
10:00am	No Gi Basics	Gi Basics	No Gi Basics	Gi Basics	No Gi Basics		
7:10pm	Self-Defense		Self-Defense		Self-Defense		
8:00pm	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing		

Mat 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am						Gi Basics	
1:00pm						No Gi Basics	
2:00pm						Open Mat	
5:00pm							Open Mat
6:05pm	Gi Basics	Advanced No Gi	Gi Basics	Advanced No Gi			
7:00pm					Open Mat Gi		
7:10pm	Advanced Gi		Advanced Gi				
7:30pm		Gi Basics		Gi Basics			
8:30pm	No Gi Basics	Invitational MMA	No Gi Basics	Invitational MMA			

Mat 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05pm	Beginners Gi	Beginners Gi	Beginners Gi	Beginners Gi	Beginners Gi		
7:10pm	Women's Basic Gi	Beginners Gi	Women's Basic Gi	Beginners Gi	Women's No Gi		
8:30pm	Beginners Gi		Beginners Gi				

Workout Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00am						Women's Workout	
5:00pm		Women's Workout		Women's Workout			