

CLASS SCHEDULE

MAT A

8:00-9:00 NOGI JIU JITSU
 12:00-1:00 JIU JITSU
 4:45-5:30 LIL MONSTERS
 5:30-6:30 KIDS JIU JITSU
 6:30-7:30 JIU JITSU ALL
 7:30-8:30 MMA
 7:30-8:00 OPEN MAT

DANNY
 ALEX
 DUDA, ANDI
 DUDA, ANDI, CHARLI
 ALEX, DUDA
 ALEX S

MONDAY

8:00-9:00
 12:00-1:00
 4:45-5:30
 5:30-6:30
 6:30-7:30
 7:30-8:30
 7:30-8:00

MUAY THAI
 TEENS JIU JITSU
 MUAY THAI
 WOMENS MUAY THAI

ANDY
 ALEX
 ALEX S.
 BEVERLY

TUESDAY

8:00-9:00 JIU JITSU
 12:00-1:00 JIU JITSU
 4:45-5:30 LIL MONSTERS
 5:30-6:30 KIDS JIU JITSU
 6:30-7:30 COMP/FUND
 7:30-8:30 NOGI ALL

DANNY
 ALEX
 DUDA, ANDI
 DUDA, ANDI, CHARLI
 ALEX, DUDA
 CHASE, ALEX

8:00-9:00
 12:00-1:00
 4:45-5:30
 5:30-6:30
 6:30-7:30
 7:30-8:30

MUAY THAI
 LIL MONSTERS MUAY THAI
 TEENS JIU JITSU
 KIDS MUAY THAI
 MUAY THAI

ALEX S.
 CHARLI
 ALEX
 ALEX S.
 ALEX S.

WEDNESDAY

8:00-9:00 NOGI JIU JITSU
 12:00-1:00 MMA
 4:45-5:30 LIL MONSTERS
 5:30-6:30 NOGI KIDS
 6:30-7:30 NOGI ALL
 7:30-8:30 MMA

ALEX
 ANDY
 DUDA, ANDI
 DUDA, ANDI, CHARLI
 ALEX, DUDA
 ANDY

8:00-9:00
 12:00-1:00
 4:45-5:30
 5:30-6:30
 6:30-7:30
 7:30-8:30

MUAY THAI
 NOGI TEENS
 WOMENS MUAY THAI
 MUAY THAI

ALEX S.
 ALEX
 BEVERLY
 ALEX S.

THURSDAY

8:00-9:00 JIU JITSU
 12:00-1:00 LIL MONSTERS
 4:45-5:30 KIDS JIU JITSU
 5:30-6:30 JIU JITSU
 6:30-7:30 NOGI ALL

ALEX, DUDA
 DUDA, ANDI
 DUDA, ANDI, CHARLI
 ALEX, DUDA
 CHASE, ALEX

8:00-9:00
 12:00-1:00
 4:45-5:30
 5:30-6:30
 6:30-7:30
 7:30-8:30

MUAY THAI
 LIL MONSTERS MUAY THAI
 TEENS JIU JITSU
 KIDS MUAY THAI
 MUAY THAI

ANDY
 CHARLI
 ALEX
 ALEX S., CHARLI
 ALEX S.

FRIDAY

9:00-10:00 PRO TRAINING
 12:00-1:00 NOGI

INVITE ONLY
 DANNY

8:00-9:00
 10:00-11:00

MUAY THAI
 SPARRING

ANDY
 INVITE ONLY

SATURDAY

9:00-10:00 MMA
 10:00-11:00 KIDS JIU JITSU
 11:00-12:00 JIU JITSU
 12:00-1:00 OPEN MAT

ANDY
 ALEX, DUDA
 ALEX, DUDA
 ALEX, DUDA

9:00-10:00
 10:00-11:00
 11:00-12:00
 12:00-1:00

WOMENS JIU JITSU
 WOMENS MUAY THAI
 KIDS MUAY THAI
 SPARRING

DUDA
 BEVERLY
 ALEX S.
 ALEX S.

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