

# CLASS SCHEDULE

## MONDAY

	8:00 am	12:00 pm	4:45 pm	5:30 pm	6:30 pm	7:30 pm
Mat A	No Gi (All Levels)	Jiu Jitsu (Fundamentals)	Little Monsters Jiu Jitsu	Kid's Jiu Jitsu	Jiu Jitsu (Fund/Adv)	Open Mat/MMA
Mat B	Muay Thai			Teens Jiu Jitsu	Muay Thai	Women's Muay Thai

## TUESDAY

	8:00 am	12:00 pm	4:45 pm	5:30 pm	6:30 pm	7:30 pm
Mat A	Jiu Jitsu (All Levels)	Jiu Jitsu (All Levels)	Little Monsters Jiu Jitsu	Kid's Jiu Jitsu	Jiu Jitsu (Fund/Adv)	No Gi (All Levels)
Mat B		Muay Thai	Little Monsters Muay Thai	Teens Jiu Jitsu	Kids & Teens Muay Thai	Muay Thai

## WEDNESDAY

	8:00 am	12:00 pm	4:45 pm	5:30 pm	6:30 pm	7:30 pm
Mat A	No Gi (All Levels)	Jiu Jitsu (Fundamentals)	Little Monsters Jiu Jitsu	Kid's No Gi	No Gi (All Levels)	Women's Competition
Mat B	Muay Thai			Teens No Gi	Women's Muay Thai	Muay Thai

## THURSDAY

	8:00 am	12:00 pm	4:45 pm	5:30 pm	6:30 pm	7:30 pm
Mat A	Jiu Jitsu (All Levels)		Little Monsters Jiu Jitsu	Kid's Jiu Jitsu	Jiu Jitsu (Fund/Adv)	No Gi (All Levels)
Mat B		Muay Thai	Little Monsters Muay Thai	Teens Jiu Jitsu	Kids & Teens Muay Thai	Muay Thai

## FRIDAY

	8:00 am	9:00 am	12:00 pm	6:00 pm
Mat A		Jiu Jitsu Rounds (Invite Only)	No Gi (All Levels)	Open Mat (All Levels)
Mat B	Muay Thai			Muay Thai Sparring

## SATURDAY

	9:00 am	10:00 am	11:00 am	12:00 pm
Mat A	Women's Jiu Jitsu	Kid's Jiu Jitsu	Jiu Jitsu (All Levels)	Open Mat (All Levels)
Mat B	MMA (All Levels)	Women's Muay Thai	Kid's Muay Thai	Muay Thai Sparring

## SUNDAY

	12:00 pm
Mat B	Yoga

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