

**ADULTS
CLASSES**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>BOXING</u>			5:30-6:30PM	6-7:30PM	6-7:30PM	(OPEN) 10-11AM	
<u>BRAZILIAN JIU JITSU</u>	FUNDAMENTALS 6:30-7:30PM INTER/ADV 7:30-8:30PM	NO GI/COMBAT JIU JITSU (GLOVES) 7:30-8:30PM	FUNDAMENTALS 6:30-7:30PM INTER/ADV 7:30-8:30PM		OPEN MAT 6:30-8PM		
<u>WOMEN ONLY BRAZILIAN JIU JITSU</u>		FUNDAMENTALS 6:30-7:30PM			OPEN-MAT ALL LEVELS 6:30-8PM		
<u>FMA/KALI</u>				7:30-8:30PM			

**KIDS
CLASSES**

<u>KIDS BRAZILIAN JIU JITSU</u>	(5-8 YRS) 4:15-5PM (9-12YRS) 5-6PM					(5-8 YRS) 8-8:45AM (9-12YRS) 9-10AM	
<u>KIDS BOXING</u>					5-6PM	10-11AM	
<u>KIDS KICKBOXING</u>		5-6PM					

*Classes and times subject to change