

Mat 1

|               | Monday                         | Tuesday                     | Wednesday           | Thursday          | Friday     | Saturday          | Sunday |
|---------------|--------------------------------|-----------------------------|---------------------|-------------------|------------|-------------------|--------|
| 6:00 - 7:00   | BJJ Gi All Levels              |                             | BJJ Gi All Levels   |                   |            |                   |        |
| 9:00 - 10:00  |                                |                             |                     |                   |            |                   |        |
| 10:00 - 11:00 |                                |                             |                     |                   |            | Marathon Rolls    |        |
| 11:00 - 12:00 |                                |                             |                     |                   |            | MMA Sparring      |        |
| 12:00 - 1:00  |                                |                             |                     |                   |            | Boxing All Levels |        |
| 5:30 - 6:30   | Wrestling                      | Marathon Rolls              | Intro to BJJ        | Wrestling         | Open Mat   |                   |        |
| 6:30 - 7:30   | Competitive Mixed Martial Arts | BJJ Gi Competition Training | Intro to MMA        | No Gi All Levels  | Womens BJJ |                   |        |
| 7:30 - 8:30   | BJJ Gi All Levels              | Boxing All Levels           | Muay Thai Beginners | Boxing All Levels |            |                   |        |

Mat 2

|               | Monday                         | Tuesday                     | Wednesday         | Thursday         | Friday               | Saturday          | Sunday |
|---------------|--------------------------------|-----------------------------|-------------------|------------------|----------------------|-------------------|--------|
| 6:00 - 7:00   | BJJ Gi All Levels              |                             | BJJ Gi All Levels |                  |                      |                   |        |
| 9:00 - 10:00  |                                |                             |                   |                  |                      |                   |        |
| 10:00 - 11:00 |                                |                             |                   |                  |                      | Marathon Rolls    |        |
| 11:00 - 12:00 |                                |                             |                   |                  |                      | MMA Sparring      |        |
| 12:00 - 1:00  |                                |                             |                   |                  |                      | Boxing All Levels |        |
| 5:30 - 6:30   | Wrestling                      | Marathon Rolls              | Intro to BJJ      | Wrestling        | Open Mat             |                   |        |
| 6:30 - 7:30   | Competitive Mixed Martial Arts | BJJ Gi Competition Training | Intro to MMA      | No Gi All Levels | Muay Thai All Levels |                   |        |
| 7:30 - 8:30   | BJJ Gi All Levels              | Krav Maga                   | BJJ Gi All Levels | Krav Maga        |                      |                   |        |