

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM - 7:30AM	MMA Fight Team (Invite Only)	No Gi All Levels	MMA Fight Team (Invite Only)	No Gi All Levels	BJJ All Levels		
9:00AM - 10:00AM						Yoga	
10:00AM - 11:00AM						Marathon Rolls	
11:00AM - 12:00PM						Boxing All Levels	
12:00PM - 1:00PM		BJJ Gi All Levels		BJJ Gi All Levels			
5:30PM - 6:30PM	Wrestling	No Gi Competition	Intro to BJJ	Wrestling	No Gi Competition		
6:30PM - 7:30PM	MMA	BJJ Gi All Levels	MMA	No Gi All Levels	Boxing All Levels		
7:30PM - 8:30PM	BJJ Gi All Levels	Boxing All Levels	BJJ Gi All Levels	Muay Thai	BJJ Gi All Levels		