

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|-------------------|-----------------------|-------------------|---------------------------|-------------------|-------------------|--------|
| 6:30AM - 7:30AM | MMA Fight Team | No Gi All Levels | MMA Fight Team | 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 | No Gi Competition | BJJ Gi All Levels | No Gi Competition | BJJ Gi All Levels | | | |
| 4:30PM - 5:30PM | Intro to BJJ | BJJ Advanced Drilling | BJJ Gi All Levels | BJJ Advanced Drilling | | | |
| 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 | MMA | | |
| 7:30PM - 8:30PM | BJJ Gi All Levels | Boxing All Levels | BJJ Gi All Levels | Muay Thai | Boxing All Levels | | |
| 8:30PM - 9:30PM | Muay Thai | Intro to Wrestling | Boxing All Levels | Women's BJJ Gi All Levels | | | |