

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Levels GI Jiu-Jitsu 6:30-7:30am		All Levels GI Jiu-Jitsu 6:30-7:30am		All Levels NO-GI Jiu-Jitsu 6:30-7:30am		
					GI Jiu-Jitsu Sparring 9:30-10:30am	
					Tiny Tigers (4-6yrs) Group A&B 10:30-11:15am	NO-GI Jiu-Jitsu Sparring 10:30-11:30am
					Young Lions (7+yrs) ELITE PROGRAM GI 11:15am-12pm	
All Levels GI Jiu-Jitsu 12-1pm	All Levels NO-GI Jiu-Jitsu 12-1pm		All Levels GI Jiu-Jitsu 12-1pm	All Levels NO-GI Jiu-Jitsu 12-1pm	Young Lions (7+yrs) COMPETITION TEAM 12-12:45pm	
Young Lions (7+yrs) BASICS-Group C 4:15-5pm		Young Lions (7+yrs) BASICS-Group C 4:15-5pm				
Tiny Tigers (4-6yrs) Group B 5:00-5:45 pm	Young Lions (7+yrs) BASICS-Group B 5:00-5:45pm	Tiny Tigers (4-6yrs) Group B 5:00-5:45 pm	Young Lions (7+yrs) BASICS-Group B 5:00-5:45pm			
Young Lions (7+yrs) BASICS-Group A 5:45-6:30pm	Tiny Tigers (4-6yrs) Group A 5:45-6:30pm	Young Lions (7+yrs) BASICS-Group A 5:45-6:30pm	Tiny Tigers (4-6yrs) Group A 5:45-6:30pm	Young Lions (7+yrs) ELITE PROGRAM NO-GI 5:45-6:30pm		
Fundamentals GI Jiu-Jitsu 6:30-7:30pm	Fundamentals NO-GI Jiu-Jitsu 6:30-7:30pm	Fundamentals GI Jiu-Jitsu 6:30-7:30pm	Fundamentals NO-GI Jiu-Jitsu 6:30-7:30pm	All Levels GI Jiu-Jitsu 6:30-8pm		
Advanced GI Jiu-Jitsu 7:30-8:30pm	Advanced NO-GI Jiu-Jitsu 7:30-8:30pm	Advanced GI Jiu-Jitsu 7:30-8:30pm	Advanced NO-GI Jiu-Jitsu 7:30-8:30pm			
Muay Thai Kickboxing 8:30-9:15pm	Muay Thai Kickboxing 8:30-9:15pm	Muay Thai Kickboxing 8:30-9:15pm	Muay Thai Kickboxing 8:30-9:15pm			