

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 07:00 Mixed BJJ				06:00 - 07:00 Mixed No Gi		09:00 - 09:45 Minis BJJ
07:00 - 08:00 Drills / Conditioning				07:00 - 08:00 Drills / Conditioning		09:45 - 10:30 Junior BJJ
	12:00 Mixed BJJ		12:00 Mixed BJJ			10:30 - 11:30 Mixed BJJ / Open Mat
			17:00 - 17:45 Minis BJJ			
				17:30 - 18:30 Junior BJJ		
18:00 - 19:00 Junior BJJ		18:00 - 19:00 Junior BJJ		18:30 - 20:00 Mixed No Gi		
19:00 - 20:30 Mixed BJJ		19:00 - 20:30 Mixed BJJ	19:00 - 20:00 Takedowns			
			20:00 - 21:00 Drills / Conditioning			