

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 07:00 Mixed Level BJJ Gi	06:00 - 07:00 HIT *		06:00 - 07:00 HIT *	06:00 - 07:00 Mixed Level BJJ No Gi		
					07:00 - 08:00 HIT *	
	10:00 - 11:00 Pilates	09:00 - 10:00 HIT *	10:00 - 11:00 Pilates	09:00 - 10:00 HIT *		09:00 - 09:45 Minis BJJ
	12:00 Mixed Level BJJ Gi		12:00 Mixed Level No Gi			09:45 - 10:30 Junior BJJ Gi
16:30 - 17:30 Teens BJJ Gi			16:30 - 17:30 Teens BJJ Gi			10:30 - 11:30 Open Mat
18:00 - 19:00 Junior BJJ Gi	18:00 - 19:00 HIT *	18:00 - 19:00 Junior BJJ Gi		17:30 - 18:30 Junior No Gi		
19:00 - 20:30 Mixed Level BJJ Gi		19:00 - 20:30 Mixed Level BJJ Gi	19:00 - 20:00 Intro to BJJ Course	18:30 - 20:00 Mixed Level No Gi		