

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
				16:00 -17:00 Invite Only		10:30 - 11:30 Open Mat
17:00 -18:00 Junior BJJ Gi		17:00 -18:00 Teens BJJ Gi		17:00 -18:00 Teens No Gi		
18:00 - 19:00 Junior BJJ Gi	18:00 - 19:00 HIT *	18:00 - 19:00 Junior BJJ Gi		18:00 - 19:00 Junior BJJ Gi		
19:10 - 20:30 Mixed Level BJJ Gi		19:10 - 20:30 Mixed Level BJJ Gi	19:00 - 20:00 Intro to BJJ	19:10 - 20:30 Mixed Level No Gi		
			20:00 - 21:00 Open mat			