

# Weekly Schedule

## Adults

### *Evenings/PM:*

**Monday:** Gi BJJ 5:30-6:30  
Women's BJJ 6:30-7:30  
Wrestle-Jitsu NoGi 7:30-8:30  
MMA 7:30-8:30

**Tuesday:** NoGi BJJ 5:30-6:30  
BJJ Technique 6:30-7:30  
Gi BJJ 7:30-8:30

**Wednesday:** Gi BJJ 5:30-6:30  
Women's BJJ 6:30-7:30  
Kickboxing 7:30-8:30  
Leg Locks NoGi 7:30-8:30pm

**Thursday:** NoGi BJJ 5:30-6:30  
BJJ Technique 6:30-7:30  
Gi BJJ 7:30-8:30  
Muay Thai 7:30-8:30

**Friday:** Kickboxing 5:30-6:30  
NoGi BJJ 6:30-7:30

### *Mornings:*

**Monday:** Gi BJJ 6:00-7:00am

**Wednesday:** Gi BJJ 6:00-7:00am

**Friday:** NoGi 6:00-7:00am

### *Noons:*

**Monday:** Gi BJJ, Noon-1:00pm

**Tuesday:** Gi BJJ, Noon-1:00pm

**Wednesday:** Gi BJJ, Noon-1:00pm

**Thursday:** NoGi, Noon-1:00pm

**Friday:** Nogi, Noon-1:00pm

## Tiny Kids (3-4)

**Monday:** NoGi BJJ 4:30-5:15

**Wednesday:** NoGi BJJ 4:30-5:15

**Friday:** Gi BJJ 4:30-5:15

## Kids (5-9)

**Monday:** NoGi 5:30-6:30

**Tuesday:** Gi BJJ 5:30-6:30

**Wednesday:** Kickboxing 5:30-6:30

**Thursday:** Gi BJJ 5:30-6:30

**Friday:** Wrestle-Jitsu 5:30-6:30  
Kickboxing 6:30-7:30

## Juniors (10-14)

**Monday:** NoGi 6:30-7:30

**Tuesday:** Gi BJJ 6:30-7:30

**Wednesday:** Kickboxing 6:30-7:30

**Thursday:** Gi BJJ 6:30-7:30

**Friday:** Wrestle-Jitsu 5:30-6:30  
Kickboxing 6:30-7:30

## Competition Class

**Saturday:** Kids 9am-10am

## Open Mat

**Saturday:** 10:30-11:30am  
Open to everyone