

# Weekly Schedule

## Adults

### *Evenings/PM:*

- Monday:** NoGi 5:30-6:30  
Women's only 6:30-7:30  
Nogi 7:30-8:30
- Tuesday:** Gi BJJ 5:30-6:30  
Fundamentals 6:30-7:30  
Gi 7:30-8:30
- Wednesday:** Nogi 5:30-6:30  
Women's only 6:30-7:30  
Kickboxing 7:30-8:30  
Leg Locks Advanced NoGi 7:30-8:30pm
- Thursday:** Gi BJJ 5:30-6:30  
Fundamentals 6:30-7:30  
Gi 7:30-8:30
- Friday:** Kickboxing 6:00-7:00  
Wrestling 7:00-8:00

### *Daytime/Mornings:*

- Monday:** Gi BJJ 6:00-7:00am
- Tuesday:** Gi BJJ Noon-1:00pm
- Wednesday:** Gi BJJ 6:00-7:00am
- Thursday:** NoGi Noon-1:00pm
- Friday:** NoGi 6:00-7:00am

## Tiny Kids (3-4)

- Monday:** Gi BJJ 4:30-5:15
- Wednesday:** Gi 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:** Wrestling 6:00-7:00  
Kickboxing 7:00-8:00

## 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:** Wrestling 6:00-7:00  
Kickboxing 7:00-8:00

## Competition Class

- Saturday:** 9am-10am

## Open Mat

- Saturday:** 10am-noon  
Open to everyone who rolls!