



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|---|--------|
| Kids & Youth Jiu-Jitsu (All Levels / Age 6-15) 11:30am - 12:30pm | | | Kids & Youth Jiu-Jitsu (All Levels / Age 6-15) 11:30am - 12:30pm | Private Training By Appointment Only | | Exams |
| | | | | Private Training By Appointment Only | Kids Jiu-Jitsu (age 6-9) 10am - 11am | Exams |
| Kids Jiu-Jitsu (Age 6 - 9) 4:30pm - 5:30pm | | Kids Jiu-Jitsu (Age 6 - 9) 4:30pm - 5:30pm | | | Youth Jiu-Jitsu (Age 10 - 15) 11am - 12pm | Exams |
| Youth Jiu-Jitsu (Age 10 - 15) 5:30pm - 6:30pm | | Youth Jiu-Jitsu (Age 10 - 15) 5:30pm - 6:30pm | | | Adult Jiu-Jitsu (Age 16+) 12pm - 1pm | Exams |
| Adult Kickboxing (Co-Ed 14+) 6:30pm - 7:30pm | Women-Only Kickboxing Intermediate 6pm - 7pm | Adult Kickboxing (Co-Ed 14+) 6:30pm - 7:30pm | Women-Only Kickboxing Intermediate 6pm - 7pm | Private Training By Appointment Only | Fitness Kickboxing (Co-Ed All Levels) 1pm - 2pm | |
| Adult Jiu-Jitsu (Age 16+) 7:30pm - 8:30pm | Women-Only Kickboxing (Beginner/Novice) 7pm - 8pm | Adult Jiu-Jitsu (Age 16+) 7:30pm - 8:30pm | Women-Only Kickboxing (Beginner/Novice) 7pm - 8pm | Private Training By Appointment Only | | |