



Reserve online or check-in for classes when you arrive.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kids/Youth Jiu-Jitsu HomeLearning Group (All Levels / Age 6-15) 11:30am - 12:30pm			Kids/Youth Jiu-Jitsu HomeLearning Group (All Levels / Age 6-15) 11:30am - 12:30pm	Workshops	Little Warriors Group A (age 4 - 5) 9am - 9:40am	Exams 11:30am - 12:30pm (monthly / by invitation)
			Little Warriors Group B (age 4 - 5) 4pm - 4:40pm	Exams	Kids Kickboxing (age 8 - 13) 9:45am - 10:30am	Tournament Prep KIDS (age 8-14) 12:15pm - 1pm (by invitation) ** SEASONAL
Kids Jiu-Jitsu (Age 6 - 9) 4:30pm - 5:30pm		Kids Jiu-Jitsu (Age 6 - 9) 4:30pm - 5:30pm	Kids Kickboxing (age 8 - 13) 4:45pm - 5:30pm	Private	Kids Jiu-Jitsu (age 6 - 9) 10:30am - 11:30am	OPEN MAT Adult BJJ Rolling 1pm - 2:30pm (non-instructional)
Youth Jiu-Jitsu (Age 10 - 15) 5:30pm - 6:30pm	Women-Only Kickboxing Intermediate/Adv 5:30pm - 6:30pm	Youth Jiu-Jitsu (Age 10 - 15) 5:30pm - 6:30pm	Women-Only Kickboxing Intermediate/Adv 5:30pm - 6:30pm	Future Classes	Youth Jiu-Jitsu (Age 10 - 15) 11:30am - 12:30pm	OPEN MAT Adult KB Sparring 1pm - 2:30pm (non-instructional)
Adult Kickboxing (Co-Ed 14+) 6:30pm - 7:30pm	Women-Only Kickboxing (14+) KickStart Beginner 6:30pm - 7:20pm	Adult Kickboxing (Co-Ed 14+) 6:30pm - 7:30pm	Women-Only Kickboxing (14+) KickStart Beginner 6:30pm - 7:20pm	Administrative	Adult Jiu-Jitsu (Age 16+) 12:30pm - 1:30pm	
Adult Jiu-Jitsu (Age 16+) 7:30pm - 8:30pm	BJJ Gi Grappling (Adult) 7:30pm - 9pm	Adult Jiu-Jitsu (Age 16+) 7:30pm - 8:30pm	BJJ Gi Grappling (Adult) 7:30pm - 9pm	Pro-Shop	Fitness Kickboxing (Co-Ed All Levels) 1:30pm - 2:30pm	