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Check-in for classes on the app or when you arrive.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Home-Learning Kids/Youth Jiu-Jitsu (ages 6-15) 11:30am - 12:30pm			Home-Learning Kids/Youth Jiu-Jitsu (ages 6-15) 11:30am - 12:30pm	Closed	Little Warriors (age 4 & 5) 9:30am - 10:05am	Exams TBD (monthly / by invitation)
			Little Warriors (age 4 & 5) 4pm - 4:35pm	Closed	Kids Jiu-Jitsu (age 6 - 9) 9:30am - 10:15am	Tournament Prep KIDS (age 8-14) TBD (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	Closed	Kids Kickboxing (age 8 - 13) 10:15am - 11am	OPEN MAT Adult BJJ Rolling 1pm - 3pm (non-instructional)
Youth Jiu-Jitsu (Age 10 - 15) 5:30pm - 6:30pm	Women-Only Kickboxing Int/Advanced 5:30pm - 6:30pm	Youth Jiu-Jitsu (Age 10 - 15) 5:30pm - 6:30pm	Women-Only Kickboxing Int/Advanced 5:30pm - 6:30pm	Closed	Adult Kickboxing (age 14+) 11am - 11:45am	OPEN MAT Adult KB Sparring 1pm - 3pm (non-instructional)
Adult Kickboxing (Co-Ed 14+) 6:30pm - 7:30pm	Women-Only Kickboxing (14+) Beginner Fundamentals 6:30pm - 7:20pm	Adult Kickboxing (Co-Ed 14+) 6:30pm - 7:30pm	Women-Only Kickboxing (14+) Beginner Fundamentals 6:30pm - 7:20pm	Closed	Youth Jiu-Jitsu (Age 10 - 15) 11:45am - 12:30pm	Kickboxing Exams 4pm - 5:30pm (by invitation) ** SEASONAL
Adult Jiu-Jitsu (Age 16+) 7:30pm - 8:30pm	BJJ Grappling (Adult) Gi & No-Gi 7:30pm - 9pm	Adult Jiu-Jitsu (Age 16+) 7:30pm - 8:30pm	BJJ Grappling (Adult) Gi & No-Gi 7:30pm - 9pm	Closed	Adult Jiu-Jitsu Age 16+) 12:30pm - 1:15 + rolling to 1:30pm	

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