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

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

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