

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM-6AM		Adults Jiu Jitsu		Adults Jiu Jitsu	Adults Jiu Jitsu	
8AM-9AM						Intermediate Muay Thai Sparring
9AM-10AM						Muay Thai
10AM-11AM	Adults Jiu Jitsu				Adults Jiu Jitsu	Adults Jiu Jitsu
11AM-12PM						Kids Jiu Jitsu (7-13)
5PM-5:45PM	Kids Jiu Jitsu (5-7)		Kids Jiu Jitsu (5-7)	Kids Jiu Jitsu (5-7)	Kids Jiu Jitsu (5-7)	
5PM-6PM		Kids Jiu Jitsu (7-13)		Kids Jiu Jitsu (7-13)		
6PM-7PM	Kids Jiu Jitsu (7-13)		Kids Jiu Jitsu (7-13)		Kids Jiu Jitsu (7-13)	
6PM-7PM		Adults Jiu Jitsu		Adults Jiu Jitsu		
7PM-8PM	Adults Jiu Jitsu		Adults Jiu Jitsu		Adults Jiu Jitsu	
7PM-8PM		Muay Thai	Intermediate Muay Thai	Muay Thai		