

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30						09:00 - 09:45 Junior BJJ (5-7)	09:00 - 09:45 Junior BJJ (8-11)
	09:30 - 10:30 BJJ Fundamentals	09:30 - 10:15 Open Mat	09:30 - 10:30 BJJ	09:30 - 10:30 No-Gi	09:30 - 10:30 Open Mat	09:45 - 10:30 BJJ Fundamentals	09:45 - 10:30 Junior BJJ (12+)
10:30	10:30 - 11:15 Open Mat	10:15 - 11:00 Open Mat	10:30 - 11:00 Rolling	10:30 - 11:00 Rolling	10:30 - 11:30 BJJ	10:30 - 11:15 BJJ	10:30 - 11:15 No-Gi
	11:15 - 12:00 Open Mat	11:00 - 12:00 Open Mat	11:30 - 12:30 Yoga for BJJ	11:00 - 12:00 Open Mat	11:30 - 12:00 Rolling	11:15 - 11:45 Rolling	11:15 - 11:45 Rolling
12:30	12:00 - 13:00 No-Gi	12:00 - 13:00 BJJ	12:30 - 13:45 Open Mat	12:00 - 13:00 BJJ Fundamentals	12:30 - 13:15 Combat Jiu Jitsu	12:00 - 13:00 Women Only BJJ	
	13:00 - 13:30 Rolling	13:00 - 13:30 Rolling		13:00 - 14:00 Open Mat	13:15 - 14:15 Open Mat		
13:30	13:30 - 14:15 Open Mat			14:00 - 15:00 Open Mat	14:15 - 15:15 Open Mat		
	14:15 - 15:15 Open Mat	14:00 - 14:45 Pre-School BJJ (3-4)	14:15 - 15:15 Open Mat	15:00 - 16:15 Open Mat	15:30 - 16:15 Pre-School BJJ (3-4)		
14:30	15:15 - 16:15 Open Mat	15:00 - 16:15 Open Mat	15:30 - 16:15 Pre-School BJJ (3-4)				
15:30							
16:30	16:30 - 17:15 Junior BJJ (5-7)	16:30 - 17:30 Junior BJJ (8-11)	16:30 - 17:15 Junior BJJ (5-7)	16:30 - 17:15 Junior BJJ (5-7)	16:30 - 17:30 Junior BJJ (12+)		
	17:15 - 18:00 Junior Competition Class	17:30 - 18:30 Junior BJJ (12+)	17:15 - 18:15 Junior BJJ (8-11)	17:15 - 18:15 Junior BJJ (8-11)	17:45 - 18:45 No-Gi		
17:30	18:00 - 18:45 BJJ Fundamentals		18:30 - 19:30 BJJ Fundamentals	18:30 - 19:30 Junior BJJ (12+)	18:45 - 19:15 Rolling		
	19:00 - 20:00 BJJ	18:45 - 19:45 No-Gi					
19:30	20:00 - 20:30 Rolling	19:45 - 20:15 Rolling	19:45 - 20:45 BJJ	19:45 - 20:45 BJJ			
20:30	20:30 - 21:15 Competition Class	20:30 - 21:15 BJJ Fundamentals	20:45 - 21:15 Rolling	20:45 - 21:15 Rolling			
21:30							

-----Adults-----

Brazilian Jiu Jitsu
No-Gi
Open Mat
Sparring based classes

-----Juniors-----

Pre-School
5-7 years old
12+ years old
Sparring based classes