

| | 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 No-Gi | 10:30 - 11:15 BJJ |
| | 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 | | | |
| 13:30 | 13:30 - 14:15 Open Mat | | | 14:00 - 15:00 Open Mat | 13:15 - 14:15 Open Mat | | |
| | 14:15 - 15:15 Open Mat | 14:00 - 14:45 Pre-School BJJ (3-4) | 14:15 - 15:15 | 15:00 - 16:15 Open Mat | 14:15 - 15:15 Open Mat | | |
| 14:30 | | 15:00 - 16:15 Open Mat | | | | | |
| | 15:15 - 16:15 Open Mat | | 15:30 - 16:15 Pre-School BJJ (3-4) | 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 | | 19:45 - 20:15 Rolling | 19:45 - 20:45 BJJ | 19:45 - 20:45 BJJ | | | |
| | 20:00 - 20:30 Rolling | | 20:45 - 21:15 Rolling | 20:45 - 21:15 Rolling | | | |
| 20:30 | 20:30 - 21:15 Competition Class | 20:30 - 21:15 BJJ Fundamentals | | | | | |
| | | | | | | | |
| 21:30 | | | | | | | |

-----Adults-----

| |
|------------------------|
| Brazilian Jiu Jitsu |
| No-Gi |
| Open Mat |
| Sparring based classes |
| Women Only BJJ |

-----Juniors-----

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