

BRAZILIAN JIU-JITSU:

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 AM	Jiu Jitsu (No-Gi)	Jiu Jitsu (No-Gi)	Jiu Jitsu (No-Gi)	Jiu Jitsu (No-Gi)	Jiu Jitsu (No-Gi)
5:00 PM	Kids Jiu Jitsu	Kids Jiu Jitsu	Kids Jiu Jitsu	Kids Jiu Jitsu	Kids Jiu Jitsu
6:00 PM	Jiu Jitsu (Gi)	Jiu Jitsu (Gi)	Jiu Jitsu (Gi)	Jiu Jitsu (Gi)	Jiu Jitsu (Gi)
7:00 PM	Jiu Jitsu (No-Gi)	Jiu Jitsu (No-Gi)	Wrestling / NoGi	Jiu Jitsu (No-Gi)	Jiu Jitsu (No-Gi)

MUAY THAI & BOXING:

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 PM	Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai

OFFICE / GYM HOURS:

TIME	Monday - Friday
11:00 AM - 8:00 PM	