



2023 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
0700	All Level BJJ 7:00-8:00am	Open mat 7:00-8:00am (appointment)	All Level BJJ 7:00-8:00am	Open mat 7:00-8:00am (appointment)	All Level BJJ 7:00-8:00am		Upon request only	
0800								
0900								
1000						Kids BJJ 10:00-11:00am		
1100						Teen BJJ 11:00-12:00pm		
1200								
1300	All Level BJJ 12:15-1:45pm	No Gi 12:15-1:45pm	All Level BJJ 12:15-1:45pm	No Gi 12:15-1:45pm	All Level BJJ 12:15-1:45pm	All Level BJJ 12:15-1:45pm		
1400								
1500								
1600			Kids BJJ 4:00-5:00pm	Kids BJJ 4:00-5:00pm				
1700								
1800								
1900	Beginners BJJ 6:30-7:30pm	Muay Thai 6:30-7:30pm	Beginners BJJ 6:30-7:30pm	Beginners BJJ 6:30-7:30pm		Close at 7pm		
2000	All Level BJJ 7:30-9:00pm	No Gi 7:45-9:15pm	All Level BJJ 7:45-9:15pm	No Gi 7:45-9:15pm	All Level BJJ 7:30-9:00pm			
2100								
2200								
Close at 10:30pm								