

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7:00	Personal Fitness Training or Private/Small Group Martial Arts	Personal Fitness Training or Private/Small Group Martial Arts	Personal Fitness Training or Private/Small Group Martial Arts	Personal Fitness Training or Private/Small Group Martial Arts	Personal Fitness Training or Private/Small Group Martial Arts	Personal Fitness Training or Private/Small Group Martial Arts	Personal Fitness Training or Private/Small Group Martial Arts		
8:00								<b>Kids Capoeira</b> Ages 3 - 5 10:30AM - 11:15PM	<b>Adult Capoeira</b> Ages 13+ 11:30AM - 12:30PM
9:00		<b>Kids Capoeira</b> Ages 3 - 5 10:30AM - 11:15PM		<b>Adult Capoeira</b> Ages 13+ 11:30AM - 12:30PM					
10:30								<b>Adult BJJ</b> Ages 13+ 11AM - 12:30PM	
11:30	<b>Adult BJJ</b> Fundamentals 12PM - 1PM (13+ yo)	<b>Adult BJJ</b> Fundamentals 12PM - 1PM (13+ yo)	<b>Adult BJJ</b> Fundamentals 12PM - 1PM (13+ yo)						
12:00				Personal Fitness Training or Private/Small Group Martial Arts	Personal Fitness Training or Private/Small Group Martial Arts	Personal Fitness Training or Private/Small Group Martial Arts		Personal Fitness Training or Private/Small Group Martial Arts	<b>Kids Capoeira</b> Ages 5 - 13 12:30PM - 1:30PM  <b>Adult Capoeira</b> Ages 13+ 1:30PM - 2:30PM
12:30	<b>Kids Capoeira</b> Ages 5 - 8 4PM - 4:55PM	<b>Kids BJJ</b> Ages 9 - 13 5:15PM - 6:15PM	<b>Adult BJJ</b> Fundamentals 6PM - 7:15PM (13+ yo)						
13:30									
15:00	<b>Adult BJJ</b> Ages 13+ 6:30PM - 8PM	<b>Adult Capoeira</b> Ages 13+ 7:30PM - 8:45PM							
16:00			<b>Kids BJJ</b> Ages 9 - 13 5:15PM - 6:15PM	<b>Adult BJJ</b> Fundamentals 6PM - 7:15PM (13+ yo)					
17:00	<b>Adult BJJ</b> Ages 13+ 6:30PM - 8PM	<b>Adult Capoeira</b> Ages 13+ 7:30PM - 8:45PM							
18:00			<b>Adult BJJ</b> Ages 13+ 6:30PM - 8PM	<b>Adult Capoeira</b> Ages 13+ 7:30PM - 8:45PM					
18:30	<b>Adult BJJ</b> Ages 13+ 6:30PM - 8PM	<b>Adult Capoeira</b> Ages 13+ 7:30PM - 8:45PM							
19:30			<b>Adult BJJ</b> Ages 13+ 6:30PM - 8PM	<b>Adult Capoeira</b> Ages 13+ 7:30PM - 8:45PM					