

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Private/Small Group Fitness or Martial Arts Training	Private/Small Group Fitness or Martial Arts Training	Private/Small Group Fitness or Martial Arts Training	Private/Small Group Fitness or Martial Arts Training	Private/Small Group Fitness or Martial Arts Training	Private/Small Group Fitness or Martial Arts Training	Closed
8:00 AM							
9:00 AM							
10:00AM							
11:00AM	Adult Jiu-Jitsu Fundamentals 12PM - 1PM (Ages 13+)	Private/Small Group Fitness or Martial Arts Training	Adult Jiu-Jitsu Fundamentals 12PM - 1PM (Ages 13+)	Private/Small Group Fitness or Martial Arts Training	Adult No-Gi Jiu-Jitsu Fundamentals 12PM - 1PM (Ages 13+)	Adult Jiu-Jitsu Ages 13+ 11AM - 12:30PM	
12:00PM							
12:30PM							
1:30 PM						Adult Capoeira Ages 13+ 1:30PM - 2:45PM	
3:00 PM	Private/Small Group Fitness or Martial Arts Training	Private/Small Group Fitness or Martial Arts Training	Private/Small Group Fitness or Martial Arts Training	Private/Small Group Fitness or Martial Arts Training	Private/Small Group Fitness or Martial Arts Training	Private/Small Group Fitness or Martial Arts Training	
4:00 PM							
5:00 PM	Kids Jiu-Jitsu Ages 7 - 13 5:00PM - 5:55PM	Kids Jiu-Jitsu Ages 7 - 13 5:00PM - 5:55PM	Kids Jiu-Jitsu Ages 4 - 7 5:00PM - 5:45PM	Kids Jiu-Jitsu Ages 7 - 13 5:00PM - 5:55PM	Kids Jiu-Jitsu Ages 4 - 7 5:00PM - 5:45PM	Private/Small Group Fitness or Martial Arts Training	
6:00 PM	Adult Jiu-Jitsu Ages 13+ 6:30PM - 8PM	Adult Jiu-Jitsu Fundamentals 6PM - 7:15PM (Ages 13+)	Adult Judo+Jiu-Jitsu Ages 13+ 6:30PM - 8PM	Adult Jiu-Jitsu Fundamentals 6PM - 7:15PM (Ages 13+)	Adult No-Gi Jiu-Jitsu Ages 13+ 6:30PM - 8PM		
6:30 PM		Adult Capoeira Ages 13+ 7:30PM - 8:45PM		Adult Capoeira Ages 13+ 7:30PM - 8:45PM			
7:30 PM							