



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
■ Morning	■ Morning	■ Morning	■ Morning	■ Morning	■ Saturday
 6.00 am - BJJ for Adults 10.00 am - Wall Wrestling 10.00 am - BJJ for Adults 	10.00 am - BJJ for Adults 10.00 am - Striking	6.00 am - BJJ for Adults10.00 am - No-Gi for Adults	10.00 am - BJJ for Adults10.00 am - Striking	10.00 am - BJJ for Adults10.00 am - Freestyle Wrestling	 9.00 am - BJJ for Adults 9.00 am - BJJ for Kids 10.00 am - Open Mat (2½ hours)
🌣 Afternoon	🌣 Afternoon	🌣 Afternoon	❖ Afternoon	❖ Afternoon	■ Sunday
 4.30 pm - MMA for Kids 5.30 pm - BJJ for Kids 5:30 pm - BJJ for Women 5.30 pm - BJJ for Executives (All Levels, 35+) 	 4.30 pm - Wrestling for Kids 5:30 pm - Judo for Adults 5.30 pm - No-Gi for Kids 5.30 pm - No-Gi for Adults 	 4.30 pm - MMA for Kids 5.30 pm - BJJ for Kids 5.30 pm - Judo for Adults 5:30 pm - No-Gi for Women 5.30 pm - BJJ for Executives (All Levels, 35+) 	 4.30 pm - MMA for Kids 5:30 pm - Judo for Adults 5.30 pm - No-Gi for Kids 5.30 pm - No-Gi for Adults 	 4.30 pm - Judo for Kids 5.30 pm - BJJ for Kids 5:30 pm - No-Gi for Adults 	■ 10.00 am - Open Mat
ℂ Evening	ℂ Evening	ℂ Evening	ℂ Evening		
• 6.30 pm - BJJ for Beginners • 6.30 pm - Advanced BJJ (Blue Belt+)	• 6.30 pm - BJJ for Beginners • 6.30 pm - Advanced BJJ (Blue Belt+)	• 6.30 pm - BJJ for Beginners • 6.30 pm - Advanced BJJ (Blue Belt+)	• 6.30 pm - BJJ for Beginners • 6.30 pm - Advanced BJJ (Blue Belt+)		
■ 8.00 pm - Muay Thai	8.00 pm - Muay Thai	• 8.00 pm - Muay Thai	■ 8.00 pm - Muay Thai		