

CLASS SCHEDULE

All classes are 60 minutes except for competition classes, which are 90-120 minutes. All classes are all ages unless specified.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	*Sunrise Yoga MAT 1* BJJ for Adults MAT 2	*Women's Combat Fitness MAT 1*	*Sunrise Yoga MAT 1* BJJ for Adults MAT 2	*Women's Combat Fitness MAT 1*	*Sunrise Yoga MAT 1*		
9:00 AM	Women's Combat Fitness MAT 2	Striking MAT 2	Women's Combat Fitness MAT 2	Striking MAT 2	Women's Combat Fitness MAT 2	Adult BJJ MAT 2 Women's Intro Young Champions Open Mat	
10:00 AM	MMA Wrestling MAT 1 Adult BJJ MAT 2	Adult BJJ MAT 2	Adult No-Gi BJJ MAT 2	Adult BJJ MAT 2	Wrestling MAT 1 Adult BJJ MAT 2	Competition Class MAT 2	
4:00 PM							Competition Class MAT 2
4:30 PM	Little Ninjas MAT 2 (MMA)	Little Ninjas MAT 2 (Wrestling)	Little Ninjas MAT 2 (MMA)	Little Ninjas MAT 2 (Wrestling)	Little Ninjas MAT 2 (Judo)		
5:30 PM	Young Champions BJJ MAT 1 Women's BJJ MAT 2 Legends 35+ MAT 2	Young Champions BJJ MAT 1 (No-Gi) Adult No-Gi BJJ MAT 2 Judo MAT 2	Young Champions BJJ MAT 1 Women's Combat Fitness MAT 2 Legends 35+ MAT 2	Young Champions BJJ MAT 1 (No-Gi) Adult No-Gi BJJ MAT 2 Judo MAT 2	Young Champions BJJ MAT 1 No-Gi BJJ Beginner & Competition 90mins MAT 2		
6:30 PM	Beginners BJJ MAT 1 Competition BJJ MAT 2	Beginners BJJ MAT 1 Competition BJJ MAT 2	Beginners No-Gi BJJ MAT 1 No-Gi Competition BJJ MAT 2	Beginner BJJ MAT 1 Competition BJJ MAT 2			
7:30 PM	*Combat Fitness MAT 1*	Striking MAT 2	*Combat Fitness MAT 1*	Striking MAT 2			