

## JIU-JITSU MAT AREA I

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>MORNING</b>						
					9:30 - 10:30 Parents and Kids Juniors/Teens	
11:00 - 12:00 All Levels	11:00 - 12:00 All Levels	11:00 - 12:00 All Levels	11:00 - 12:00 All Levels	11:00 - 12:30 No Gi	10:30 - 11:30 Fundamentals	
12:00 - 12:30 Live Training		12:00 - 12:30 Live Training			11:30 - 12:30 Advanced	
<b>EVENING</b>						
4:45 - 5:30 Kids I (3-6 yrs)	5:00 - 5:45 Kids II (7-10 yrs)	4:45 - 5:30 Kids I (3-6 yrs)	5:00 - 5:45 Kids II (7-10 yrs)		12:30 - 13:15 Live Training	2:00 - 4:00 Advanced Open Mat
	5:45 - 6:30 Juniors (11-14 yrs)	5:30 - 6:30 Woman's Only (12 and up)	5:45 - 6:30 Juniors (11-14 yrs)			
6:30 - 7:30 Advanced	6:30 - 7:30 Fundamentals	6:30 - 7:30 Advanced	6:30 - 7:30 Fundamentals			
7:30 - 8:30 Fundamentals	7:30 - 8:30 No Gi	7:30 - 8:30 Fundamentals	7:30 - 8:30 Advanced			
	8:30 - 9:00 Live Training		8:30 - 9:00 Live Training			

## MAT AREA II

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>MORNING</b>						
	10:00 - 11:00 Muay Thai All Levels		10:00 - 11:00 Muay Thai All Levels		9:30 - 10:30 Cardio Kickboxing	
<b>EVENING</b>						
5:30 - 6:30 BJJ for MMA Mixed	5:45 - 6:30 Cardio Kickboxing	5:30 - 6:30 BJJ for MMA Take Downs	5:45 - 6:30 Cardio Kickboxing			
7:00 - 8:00 Muay Thai All Levels	7:00 - 8:00 Boxing	7:00 - 8:00 Muay Thai All Levels	6:30 - 7:30 BJJ for MMA Sparring (by invitation only)			