

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY	
BJJ All Levels 7:00 - 8:30 AM	BJJ All Levels 7:00 - 8:30 AM	BJJ All Levels 7:00 - 8:30 AM	BJJ All Levels 7:00 - 8:30 AM	BJJ All Levels 7:00 - 8:30 AM	TINY NINJAS (Ages 2-3) 9:15 - 9:45 AM	LITTLE WARRIORS (Ages 4-5) 9:15 - 10 AM	LITTLE WARRIORS (Ages 4-5) 9:15 AM - 10 AM	
				MUAY THAI Basic 6:45 AM	MEDIUM MONSTROS (Ages 6-8) 10:00 AM	FaMA FIT 10:00 AM	MEDIUM MONSTROS (Ages 6-8) 10:00 AM	TINY NINJAS (Ages 2-3) 10:30 - 11 AM
	FaMA FIT 11:15 AM		FaMA FIT 11:15 AM		JUNIOR CHAMPIONS (Ages 9-15) 11:00 AM	LITTLE TIGERS (Ages 4-7) 11 - 11:45 AM	JUNIOR CHAMPIONS (Ages 9-15) 11:00 AM	LITTLE TIGERS (Ages 4-7) 11 - 11:45 AM
	BOXING Basic 12:15 PM	MUAY THAI Basic 12:15 PM	MUAY THAI Basic 12:15 PM	MUAY THAI Basic 12:15 PM	JUNIOR TIGERS (Ages 8-15) 12:00 PM	JUNIOR TIGERS (Ages 8-15) 12:00 PM	JUNIOR TIGERS (Ages 8-15) 12:00 PM	JUNIOR TIGERS (Ages 8-15) 12:00 PM
BJJ All Levels 12:15 - 1:45 PM	BJJ All Levels 12:15 - 1:45 PM	BJJ All Levels 12:15 - 1:45 PM	BJJ All Levels 12:15 - 1:45 PM	BJJ All Levels 12:15 - 1:45 PM	BJJ All Levels 12:30 PM	BJJ All Levels 12:30 PM	BJJ Basic 12:30 - 2 PM	
LITTLE WARRIORS (Ages 4-5) 4:15 PM - 5:00 PM	LITTLE WARRIORS (Ages 4-5) 4:15 - 5:00 PM	JUNIOR TIGERS (Ages 8-15) 4:15 PM	LITTLE WARRIORS (Ages 4-5) 4:15 - 5:00 PM	JUNIOR TIGERS (Ages 8-15) 4:15 PM	LITTLE WARRIORS (Ages 4-5) 4:15 PM - 5:00 PM	BJJ Sparring 1:30 PM - 2 PM	MUAY THAI Basic 1:30 PM	
MEDIUM MONSTROS/ JUNIOR CHAMPIONS (Ages 6-15) 5:15 PM	MEDIUM MONSTROS/ JUNIOR CHAMPIONS (Ages 6-15) 5:15 PM	MEDIUM MONSTROS/ JUNIOR CHAMPIONS (Ages 6-15) 5:15 PM	NO-GI MEDIUM MONSTROS/ JUNIOR CHAMPIONS (Ages 6-15) 5:15 PM	MEDIUM MONSTROS/ JUNIOR CHAMPIONS (Ages 6-15) 5:15 PM				
BJJ All Levels 6:30 PM	BJJ NO-GI All Levels 6:30 PM	MUAY THAI Basic 6:30 PM	BJJ All Levels 6:30 PM	MUAY THAI Basic 6:30 PM	BJJ NO-GI All Levels 6:30 PM	MUAY THAI Basic 6:30 PM	BJJ All Levels 6:30 PM	
BJJ Sparring 7:30 - 8:00 PM	BJJ Sparring 7:30 - 8:00 PM	BJJ Sparring 7:30 - 8:00 PM	BJJ Sparring 7:30 - 8:00 PM	BJJ Sparring 7:30 - 8:00 PM	BJJ Sparring 7:30 - 8:00 PM	BJJ Sparring 7:30 - 8:00 PM	BJJ Sparring 7:30 - 8:00 PM	

CLASS LEVELS
(All classes are 1hr unless stated)
BJJ Basic - All Levels
BJJ Intermediate - 1 Stripe +
Theory of JJ - 1 Stripe +
No-Gi Basic - All Levels
No-Gi Intermediate - 1 Stripe +
No-Gi Sparring - 1 Stripe +
MT Basic - All Levels
MT Intermediate - Grade 1 +
Boxing Basic - All Levels