














Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
3:00	 Private Training by Appointment Only			 Private Training by Appointment Only			CLOSED  	
3:30								
4:00		Youth Kickboxing 4-5 				Youth Kickboxing 4-5 		
4:30								
5:00			13+ BJJ GI 5-6:30 		13+ BJJ GI 5-6:30 	13+ BJJ NO GI 5-6:30 		 Private Training
5:30								
6:00								 Private Training
6:30								
7:00								
7:30			Private Training by Appointment Only		13+ MMA 7-8:30	13+ MMA 7-8:30		
8:00								
8:30								
9:00								