

Black Mat Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 -11:15 Open Gym	9:00-10:00 AM Kettlebells	9:00 -11:15 Open Gym	9:00-10:00 AM Kettlebells	9:00 -11:15 Open Gym	8:30-10:00 AM Kettlebells	
	Open Gym		Open Gym			
11:15 -12:15 PM Brazilian Jiu Jitsu	11:15 -12:15 PM Submission Wrestling	11:15 -12:15 PM Brazilian Jiu Jitsu	11:15 -12:15 PM Submission Wrestling	11:15 -12:15 PM Brazilian Jiu Jitsu	10:30 -12:00 PM Brazilian Jiu Jitsu	
12:15 -3:45 PM Open Gym	12:15 -3:45 PM Open Gym	12:15 -3:45 PM Open Gym	12:15 -3:45 PM Open Gym	12:15 -5:00 PM Open Gym	12:00 -2:00 PM Open Gym	
4:20-5:20 PM Kids BJJ	4:20-5:20 PM Kids BJJ	4:20-5:20 PM Kids BJJ	4:20-5:20 PM Kids BJJ			
5:30-6:20 PM MMA Fitness Drill	5:30-6:20 PM Fitness	5:30-6:20 PM MMA Fitness Drill	5:30-6:20 PM Fitness	5:00-6:00 PM Kickboxing	Close 2:00 PM	
6:30-7:45 PM Submission Wrestling	6:30-7:30PM Pro MMA Sparring	6:30-7:45 PM Submission Wrestling	6:30-7:30PM Pro MMA Sparring	6:00-7:00 PM Submission Wrestling		
8:00-9:20 PM Brazilian Jiu Jitsu	8:00-9:20 PM Brazilian Jiu Jitsu	8:00-9:20 PM Brazilian Jiu Jitsu	8:00-9:20 PM Brazilian Jiu Jitsu	Close 7:30 PM		
Close 10:00 PM	Close 10:00 PM	Close 10:00 PM	Close 10:00 PM			

Grey Mat Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00 -3:45 PM Open Gym	10:00-11:00 AM Kickboxing	9:00 -3:45 PM Open Gym	10:00-11:00 AM Kickboxing	9:00 -6:30 PM Open Gym	10:00-11:00 AM Kickboxing		
	11:00 -5:30 PM Open Gym		11:00 -5:30 PM Open Gym				
4:00-5:20 PM Wrestling		4:00-5:20 PM Wrestling			Close 2:00		2:00 -3:30 PM Wrestling
5:30 - 6:30 PM Kids Wrestling	5:30 - 6:30 PM Kids Wrestling	5:30 - 6:30 PM Kids Wrestling	5:30 - 6:30 PM Kids Wrestling	6:30-7:30 PM Kids Wrestling			
6:30-7:30PM Kickboxing	6:30-7:30PM Kickboxing	6:30-7:30PM Kickboxing	6:30-7:30PM Kickboxing				
7:45-8:45 PM Kickboxing	7:45-8:45 PM Kickboxing	7:45-8:45 PM Kickboxing	7:45-8:45 PM Kickboxing	Close 7:30 PM			
Close 10:00 PM	Close 10:00 PM	Close 10:00 PM	Close 10:00 PM				