

MON	TUE	WED	THUR	FRI	SAT	SUN	
BJJ Fundamentals				BJJ Fundamentals		CADET Strength and Conditioning	
AGES 14+ 06:00AM-07:00AM				AGES 14+ 06:00AM-07:00AM		AGES 12-15 09:00AM-09:50AM	
						BJJ NO-GI	CADET GRAPPLING
						AGES 14+ 09:30AM-10:30AM	AGES 12-15 10:00AM-10:50AM
						OPEN MAT	OPEN MAT
	10:30AM-11:30AM	11:00AM-12:30PM					
	MINI GRAPPLERS			MINI GRAPPLERS			
	AGES 4-7 17:10PM-17:55PM			AGES 4-7 17:10PM-17:55PM			
JUNIORS JUDO	JUNIORS BJJ		JUNIORS JUDO	JUNIORS BJJ			
AGES 8-13 18:00PM-18:50PM	AGES 8-13 18:00PM-18:50PM		ADULTS + KIDS	AGES 8-13 18:00PM-18:50PM		AGES 8-13 18:00PM-18:50PM	
			Adult + Child (aged 7-15) 18:20PM-19:10PM				
SENIORS JUDO	BJJ GI		SENIORS JUDO	BJJ GI			
AGES 14+ 18:55PM-20:15PM	AGES 14+ 18:55PM-20:15PM	BJJ NO-GI	AGES 14+ 18:55PM-20:00PM	AGES 14+ 18:55PM-20:15PM			
		AGES 14+ 19:30PM-20:45PM	COMPETITION CLASS				
			AGES 14+ 20:00PM-21:00PM				