

First Floor Schedule

**Members only

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 AM - 8:00 AM		BJJ Basics	BJJ Basics	BJJ Basics			
8:00 AM - 9:00 AM		BJJ Basics	BJJ Basics	BJJ Basics			
10:00 AM - 11:00 AM						Adult and Kids Judo**	
11:00 AM - 12:00 PM						Kids BJJ	
12:00 PM - 1:00 PM	White Belt Only BJJ Basics	White Belt Only BJJ Basics	White Belt Only BJJ Basics	White Belt Only BJJ Basics	White Belt Only BJJ Basics	Competition Skills Class Women's BJJ**	White Belt Only BJJ Basics
1:00 PM - 2:00 PM						White Belt Only BJJ Basics	White Belt Only BJJ Basics
2:00 PM - 3:00 PM						White Belt Only BJJ Basics	
5:00 PM - 6:00 PM	After School Program Only Kids BJJ**	After School Program Kids BJJ	After School Program Only Kids BJJ**	After School Program Kids BJJ	After School Program Only Kids BJJ**		
		Kids BJJ		Kids BJJ			
6:00 PM - 7:00 PM	White Belt Only BJJ Basics	Women's BJJ	White Belt Only BJJ Basics	Women's BJJ	White Belt Only BJJ Basics		
7:00 PM - 8:00 PM	White Belt Only BJJ Basics	White Belt Only BJJ Basics	White Belt Only BJJ Basics	White Belt Only BJJ Basics	White Belt Only BJJ Basics		
8:00 PM - 9:00 PM	White Belt Only BJJ Basics	White Belt Only BJJ Basics	White Belt Only BJJ Basics	White Belt Only BJJ Basics	White Belt Only BJJ Basics		

Second Floor Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM - 10:00 AM						Women's BJJ	
11:00 AM - 12:00 PM						Kids BJJ	Women's BJJ
12:00 PM - 1:00 PM	BJJ Basics	BJJ Basics	BJJ Basics	BJJ Basics	BJJ Basics	BJJ Basics	
1:00 PM - 2:00 PM		Elite Competition Training **		Elite Competition Training **		BJJ Basics	BJJ Basics
2:00 PM - 3:00 PM							BJJ Basics
3:00 PM - 4:00 PM		Kids BJJ		Kids BJJ			Open Mat**
4:00 PM - 5:00 PM		Kids BJJ		Kids BJJ			
5:00 PM - 6:00 PM	Teens BJJ	After School Program Kids BJJ	Teens BJJ	After School Program Kids BJJ	Teens BJJ		
		Kids BJJ		Kids BJJ			
6:00 PM - 7:00 PM	BJJ Basics	BJJ Basics	BJJ Basics	BJJ Basics	BJJ Basics		
7:00 PM - 8:00 PM	BJJ Advanced Blue belt or higher	BJJ Basics	BJJ Advanced Blue belt or higher	BJJ Basics	BJJ Basics		
8:00 PM - 9:00 PM	BJJ Advanced Blue belt or higher	BJJ Basics	BJJ Advanced Blue belt or higher	BJJ Basics	No-Gi aka Submission Wrestling		
9:00 PM - 10:00 PM	No-Gi aka Submission Wrestling		No-Gi aka Submission Wrestling				