



ADULTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM - 10:15AM	Hybrid Fitness		Hybrid Fitness		Hybrid Fitness		
12:00PM - 1:00PM	BJJ		BJJ No Gi		BJJ	BJJ 9AM-10	
7:15PM - 8:30PM		BJJ Intermediate/Advanced		BJJ Intermediate/Advanced			BJJ 6:30PM-7:30
7:30PM - 8:30PM	BJJ Fundamentals		BJJ No Gi		BJJ Fundamentals	Muay Thai 12PM-1:30	
8:30PM - 9:30PM	Muay Thai Sparring	Muay Thai	Muay Thai	Muay Thai Sparring	Open Mat/ Sparring 8:30-9PM		