

Fight Sports

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6:30	All Levels BJJ	All Levels BJJ	All Levels BJJ	All Levels BJJ	All Levels BJJ		
9:00	JUDO		JUDO				
10:00	BEGINNERS BJJ /FUNDEMENTALS	BEGINNERS BJJ /FUNDEMENTALS	BEGINNERS BJJ /FUNDEMENTALS	BEGINNERS BJJ /FUNDEMENTALS	BEGINNERS BJJ /FUNDEMENTALS	FUNDEMENTALS BJJ	
11:00	ADVANCED BJJ	NOGI PRO TRAINING	ADVANCED BJJ	NOGI PRO TRAINING	ADVANCED BJJ	OPEN MAT	OPEN MAT
12:30					YOGA		
4:30	KIDS BJJ BEGINNERS	KIDS CAPOEIRA	KIDS BJJ BEGINNERS	KIDS CAPOEIRA	KIDS BJJ BEGINNERS		
5:15	KIDS BJJ	KIDS BJJ COMPETITION	KIDS BJJ	KIDS BJJ COMPETITION	KIDS BJJ		
6:15	FIGHT SPORTS FIT	FIGHT SPORTS FIT	FIGHT SPORTS FIT	FIGHT SPORTS FIT	FIGHT SPORTS FIT		
	BEGINNERS BJJ	BEGINNERS JUDO	BEGINNERS BJJ	BEGINNERS JUDO	BEGINNERS BJJ		
	FUNDEMENTALS	ADVANCED BJJ	FUNDAMENTALS	ADVANCED BJJ	FUNDAMENTALS		
7:15	FIGHT SPORTS FIT	FIGHT SPORTS FIT	FIGHT SPORTS FIT	FIGHT SPORTS FIT	OPEN MAT		
	NOGI ALL LEVELS	FUNDAMENTALS	NOGI ALL LEVELS	FUNDAMENTALS			
	MMA/STRIKING	BEGINNERS BJJ	MMA/STRIKING	BEGINNERS BJJ		MMA/STRIKING	
		JUDO ALL LEVELS		JUDO ALL			