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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
| 12:30pm-1:30pmBJJ | 12:30pm-1:30pmMT/Boxing  | 12:30pm-1:30pmBJJ | 12:30pm-1:30pmMT/Boxing  |  | 10:00am11:00pmKids BJJ |
| 4:30pm-5:30pmKids MT/Boxing | 4:30pm-5:30pmKids BJJ | **4**:**3**0pm-5:**30**pmKids MT/Boxing | 4:30pm-5:30pmKids BJJ | **4**:**3**0pm-5:**30**pmKids MT/Boxing | 11:00pm-11:45pmMMA Practice |
| 6:00pm-7:00pmBJJ | 6:00pm-6:45pmMT/Boxing | 6:00pm-7:00pm BJJ No-GI/ Wrestling  | 6:00pm-6:45pmMT/Boxing | 6:00pm-6:45pmMMA Conditioning | 11:45-12:45pm BJJ No-GI/ Wrestling |
| 7:00pm-8:00pmMT/Boxing | 6:45pm-8:00pmBJJ | 7:00pm-8:00pmMT/Boxing | 6:45pm-8:00pmBJJ | 6:45pm-8:00pmBJJ |  |
|  |  |  |  |  |  |

BJJ- Brazilian Jiu Jitsu

MT – Muay Thai