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

BJJ- Brazilian Jiu Jitsu

MT – Muay Thai