

| START TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--|--|--|--|--|--|----------------------------|
| 5:30AM 9:00AM | 5:30AM-6:30AM JIU JITSU GI | | | | 5:30AM-6:30AM JIU JITSU GI | 9:00AM-10:00AM WRESTLING | |
| | | | | | | 9:00AM-10:00AM JIU JITSU GI BEGINNER | |
| 10:00AM | 10:00PAM-11:00AM CROSSFIT (FUNCTIONAL FITNESS) | 10:00PAM-11:00AM CROSSFIT (FUNCTIONAL FITNESS) | 10:00PAM-11:00AM CROSSFIT (FUNCTIONAL FITNESS) | | 10:00PAM-11:00AM CROSSFIT (FUNCTIONAL FITNESS) | 10:00 AM-12:00PM OPEN MAT GI/NO GI | |
| 11:00AM | 11:00M-12:30PM JIU JITSU GI | | 11:00M-12:30PM JIU JITSU GI | | 11:00M-12:30PM JIU JITSU GI | | |
| 12:00PM | | | | | | 9:00AM-6:00PM OPEN GYM | 10:00AM-6:00PM OPEN GYM |
| 4:00PM | 4:00PM-4:30PM PEEWEE JIU JITSU (AGES 4-7) | 4:00PM-4:30PM PEE WEE JIU JITSU (AGES 4-7) | 4:00PM-4:30PM PEE WEE JIU JITSU (AGES 4-7) | | 4:00PM-4:30PM PEE WEE JIU JITSU (AGES 4-7) | | |
| 4:30PM | 4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12) | 4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12) | 4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12) | 4:30PM-5:00PM PEE WEE JIU JITSU NO GI (AGES 4-7) | 4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12) | | |
| | 4:30PM-5:30PM MMA (MUAY THAI) | | | | | | |
| | 4:30PM-5:30PM CROSSFIT (FUNCTIONAL FITNESS) | 4:30PM-5:30PM CROSSFIT (FUNCTIONAL FITNESS) | 4:30PM-5:30PM CROSSFIT (FUNCTIONAL FITNESS) | | | | |
| 5:00PM | | | | 5:00PM-6:00PM YOUTH JIU JITSU NO GI (AGES 8-12) | | | |
| 5:30PM | 5:30PM-6:30PM BOXING CLASS-CRUZ | 5:30PM-6:30PM BOXING CLASS-COBRA | 5:30PM-6:30PM BOXING CLASS-COBRA | 5:30PM-6:30PM BOXING CLASS-MANNY | 5:30PM-6:30PM BOXING CLASS-MANNY | | |
| | 5:30PM-6:15PM TAE KWON DO BEGINNER | 5:30PM-6:30PM MMA (MUAY THAI) | 5:30PM-6:15PM TAE KWON DO BEGINNER | | 5:30PM-6:15PM TAE KWON DO BEGINNER | | |
| | 5:30PM-6:30PM CROSSFIT (FUNCTIONAL FITNESS) | 5:30PM-6:30PM WRESTLING | 5:30PM-6:30PM CROSSFIT (FUNCTIONAL FITNESS) | 5:30PM-6:30PM CROSSFIT (FUNCTIONAL FITNESS) | | | |
| | | 5:30PM-6:30PM CROSSFIT (FUNCTIONAL FITNESS) | | | | | |
| 6:00PM | 6:15PM-7:00PM TAE KWON DO INTER/ADV | | 6:15PM-7:00PM TAE KWON DO INTER/ADV | 6:00PM-7:00PM WRESTLING | 6:15PM-7:00PM TAE KWON DO INTER/ADV | | |
| | | | | 6:00PM-7:00PM MMA (GRAPPLING) | | | |
| 6:30PM | 6:30PM-7:30PM BOXING CLASS-CRUZ | 6:30PM-7:15PM ADULT/TEEN JIU JITSU | | | | | |
| 7:00PM | 7:00PM-7:45PM ADULT/TEEN JIU JITSU NO GI | 7:15PM-8:30PM ADULT/TEEN JIU JITSU | 7:00PM-8:00PM ADULT/TEEN JIU JITSU NO GI | 7:00PM-7:45PM ADULT/TEEN JIU JITSU | | | |
| 7:30PM | 7:30PM-8:30PM BOXING-COACH MANNY | 7:30PM-8:30PM BOXING-COACH MANNY | 7:30PM-8:30PM BOXING-COACH MANNY | 7:30PM-8:30PM BOXING-COACH MANNY | 7:30PM-8:30PM BOXING-COACH MANNY | | |
| | 7:45PM-8:45PM ADULT/TEEN JIU JITSU | | | 7:45PM-8:45PM ADULT/TEEN JIU JITSU | | | |
| 8:00PM | NO GI | | 8:00PM-9:00PM ADULT/TEEN JIU JITSU | | | | |
| | BOXING OPEN 11AM- 8:30PM -EXCEPT DURING CLASS | | | | | | |