

START TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30AM	5:30AM-6:30AM JIU JITSU GI		5:30AM-6:30AM JIU JITSU GI		5:30AM-6:30AM JIU JITSU GI			
9:00AM		9:00AM-10:00AM ZUMBA	9:00AM-10:00AM ZUMBA	9:00AM-10:00AM ZUMBA		9:00AM-10:00AM WRESTLING		
10:00AM	10:00PAM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	10:00PAM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	10:00PAM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS)		10:00PAM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	10:00 AM-12:00PM OPEN MAT GI/NO GI	10:00AM-6:00PM OPEN GYM	
11:00AM	11:00M-12:30P JIU JITSU GI		11:00M-12:30PM JIU JITSU GI		11:00M-12:30PM JIU JITSU GI	9:00AM-6:00PM OPEN GYM		
12:00PM								
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 MUAY THAI							
5:00PM	4:30PM-5:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	4:30PM-5:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	4:30PM-5:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	5:00PM-6:00PM YOUTH JIU JITSU NO GI (AGES 8-12)				
5:30PM	5:30PM-6:30PM BOXING CLASS	5:30PM-6:30PM BOXING CLASS	5:30PM-6:30PM BOXING CLASS	5:30PM-6:30PM BOXING CLASS	5:30PM-6:30PM BOXING CLASS			
	5:30PM-6:15PM TAE KWON DO BEGINNER	5:30PM-6:30PM MUAY THAI	5:30PM-6:15PM TAE KWON DO BEGINNER		5:30PM-6:15PM TAE KWON DO BEGINNER			
	5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	5:30PM-6:30PM WRESTLING	5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)				
6:00PM	6:15PM-7:00PM TAE KWON DO INTER/ADV	5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	6:15PM-7:00PM TAE KWON DO INTER/ADV	6:00PM-7:00PM WRESTLING	6:15PM-7:00PM TAE KWON DO INTER/ADV			
6:30PM		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-8:30PM ADULT/TEEN JIU JITSU NO GI	7:00PM-7:45PM ADULT/TEEN JIU JITSU	7:00PM-8:00PM MUAY THAI			
7:30PM	7:30PM-8:30PM BOXING CLASS	7:30PM-8:30PM BOXING CLASS	7:30PM-8:30PM BOXING CLASS	7:30PM-8:30PM BOXING CLASS	7:30PM-8:30PM BOXING CLASS			
	7:45PM-8:45PM ADULT/TEEN JIU JITSU NO GI			7:45PM-8:45PM ADULT/TEEN JIU JITSU				
BOXING OPEN 11AM- 8:30PM -EXCEPT DURING CLASS								