

KIDS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM - 5:15PM SENIOR GI BJJ <small>SENIOR COLOURED BELTS</small>	4:30PM - 5:15PM GI BJJ <small>AGES 8+</small>	4:30PM - 5:15PM JUNIOR KIDS BJJ <small>AGES 4-6</small>	4:30PM - 5:15PM NO-GI BJJ <small>AGES 8+</small>	4:30PM - 5:15PM JUNIOR KIDS BJJ <small>AGES 4-6</small>	9:30AM - 10:15AM JUNIOR KIDS BJJ <small>AGES 4-6</small>
4:30PM - 5:15PM KIDS BOXING	4:30PM - 5:15PM KIDS BOXING	4:30PM - 5:15PM SENIOR ADV BJJ <small>SENIOR COLOURED BELTS</small>	4:30PM - 5:15PM KIDS MUAY THAI	4:30PM - 5:15PM SENIOR ADV BJJ <small>SENIOR COLOURED BELTS</small>	9:30AM - 10:15AM SENIOR ADV BJJ <small>SENIOR COLOURED BELTS</small>
5:15PM - 6:00PM NO-GI BJJ <small>AGES 8+</small>	5:15PM - 6:00PM NO-GI BJJ <small>AGES 8+</small>	4:30PM - 5:15PM KIDS MUAY THAI		4:30PM - 5:15PM KIDS MUAY THAI	10:15AM - 11:00AM SENIOR BJJ <small>SENIOR WHITE BELTS</small>
		5:15PM - 6:00PM SENIOR BJJ <small>SENIOR WHITE BELTS</small>		5:15PM - 6:00PM SENIOR BJJ <small>SENIOR WHITE BELTS</small>	

BRAZILIAN JIU-JITSU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 7:00AM NO-GI BJJ	11:00AM - 12:00PM NO-GI BJJ	6:00AM - 7:00AM NO-GI BJJ	11:00AM - 12:00PM MASTER CLASS <small>PURPLE BELT AND ABOVE</small>	6:00AM - 7:00AM GI BJJ	11:00AM - 12:00PM LEG LOCK <small>BLUE BELT AND ABOVE</small>	10:00AM - 11:00AM GI BJJ
10:30AM - 11:30AM OPEN MAT	12:00PM - 1:00PM GI BJJ	10:30AM - 11:30AM OPEN MAT	12:00PM - 1:00PM GI BJJ	10:30AM - 11:30AM OPEN MAT	12:00PM - 1:00PM COMP ROUNDS	
6:00PM - 7:00PM GI BJJ	6:00PM - 7:00PM GI BJJ	6:00PM - 7:00PM GI BJJ	6:00PM - 7:00PM GI BJJ	6:00PM - 7:00PM GI BJJ	1:00PM - 2:00PM GI BJJ	
7:00PM - 8:00PM WOMENS GI			7:00PM - 8:00PM WOMENS GI BJJ			
7:00PM - 8:00PM NO-GI	7:00PM - 8:00PM NO-GI	7:00PM - 8:00PM NO-GI	7:00PM - 8:00PM NO-GI	7:00PM - 8:00PM NO-GI		
NO-GI FUNDAMENTALS	NO-GI FUNDAMENTALS	NO-GI FUNDAMENTALS	NO-GI FUNDAMENTALS			

MIXED MARTIAL ARTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00PM - 7:00PM BOXING	4:30PM - 5:30PM MMA	5:30PM - 7:00PM MUAY THAI <small>ADVANCED</small>	5:00PM - 6:00PM WRESTLING	5:30PM - 7:00PM MUAY THAI <small>ADVANCED</small>	11:00AM - 12:00PM WRESTLING	10:00AM - 11:00AM BOXING
7:00PM - 8:30PM MUAY THAI <small>ALL LEVELS</small>	5:30PM - 6:30PM WRESTLING	7:00PM - 8:00PM MUAY THAI <small>BEGINNERS</small>	6:00PM - 7:00PM BOXING	6:00PM - 7:00PM MMA SPARRING		
	6:00PM - 7:00PM BOXING		7:00PM - 8:30PM MUAY THAI <small>ALL LEVELS</small>	7:00PM - 8:00PM MUAY THAI <small>BEGINNERS</small>		
	7:00PM - 8:30PM MUAY THAI <small>ALL LEVELS</small>					