



*Times can change without notice. So, if you're traveling from a long distance, or haven't trained in a while, call before coming in to train.*

### Monday

Brazilian Jiu-jitsu (**No Gi**) 9-10:30AM  
 Open Mat 10-11:30AM  
 Brazilian Jiu-jitsu (**Gi**) 11:30-1PM

Fight Fit Boot Camp 5:15-6PM  
 Brazilian Jiu-jitsu (**Gi**) 6-8PM  
 Open Mat 8-9PM

### Tuesday

Brazilian Jiu-jitsu (**Gi**) 9-10:30AM

Kids Program 4-4:45PM  
 Striking 5-6:15PM  
 MMA 6:15-7:30PM  
 Team Conditioning/ Open Mat 7:30-8:15PM

### Wednesday

Brazilian Jiu-jitsu (**No Gi**) 9-10:30AM  
 Open Mat 10-11:30AM  
 Brazilian Jiu-jitsu (**Gi**) 11:30-1PM

Fight Fit Boot Camp 5:15-6PM  
 Brazilian Jiu-jitsu (**Gi**) 6-8PM  
 Open Mat 8-9PM

### Thursday

Brazilian Jiu-jitsu (**Gi**) 9-10:30AM

Kids Program 4-4:45PM  
 Striking 5-6:15PM  
 Wrestling 6:15-7:30PM  
 Team Conditioning/ Open Mat 7:30-8:15PM

### Friday

Brazilian Jiu-jitsu 9-10:30AM (**No Gi**)  
 Open Mat 10-11:30AM  
 Brazilian Jiu-jitsu (**Gi**) 11:30-1PM

Fight Fit Boot Camp 5:15-6PM  
 Brazilian Jiu-jitsu (**No Gi**) 6-7:30PM  
 Striking 7:30-9PM

### Saturday

Kids Program 10-10:45AM  
 BJJ Technique Class 11-12PM  
 Open Roll (5 minute matches) 12-1PM

**Sunday** - Law Enforcement Training (Authorized participants ONLY)