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	6:30am	7:30am	4:45pm	5:30pm	6:30pm	7:00pm	8:00pm
MON			Kids BJJ (9-15 Yrs)	Muay Thai		Muay Thai Fundamentals	
			Kids MT (9-15 Yrs)	BJJ Gi Fundamentals	BJJ Gi		
TUE	Muay Thai				BJJ No Gi		Getting Flexual
	BJJ Gi				RZ / Self Preservation	Sparring Fundamentals	
WED	MMA		Kids BJJ (9-15 Yrs)	BJJ Gi		Rolling Fundamentals	
	Getting Flexual		Kids MT (9-15 Yrs)	Muay Thai Fundamentals	Muay Thai		
THU	Muay Thai				Muay Thai Sparring		Getting Flexual
	BJJ Gi				RZ / Self Preservation	MMA	
FRI			Kids MMA (9-15 Yrs)	BJJ Rolling (9+ Adults)			
				ADV Muay Thai (9+ Adults)			

**BJJ NO GI** : Brazilian Jiu Jitsu without Gi  
**BJJ GI** : Brazilian Jiu Jitsu with Gi

# BOOKINGS ESSENTIAL