

	9:45 - 10:45Am	11am - 12:15pm	12:15 - 1pm	4:30 - 5:15pm	5:15 - 6pm	6 - 6:45pm	6:45 - 8pm	8 - 9pm
<b>MONDAY</b>		Jiu-Jitsu - Open Mat		YMA 5-7 yr	FAMILY PERIOD YMA 8-10 yr Strong (wo)man Yoga - Balance	YMA Black Belt	Jiu-Jitsu - All Ranks	Striking - Advanced
						Boot Camp		Yoga - Strengthen 8:15 - 9pm
<b>TUESDAY</b>		Jiu-Jitsu - All Ranks	YMA 8-10 yr Home Schoolers	YMA 8-10 yr	YMA 5-7 yr	YMA 11-16 yr	Jiu-Jitsu - Beginner	Striking - Beginner
		Yoga - Strengthen 11 - 11:45am			Strong (wo)man	Jiu-Jitsu/Striking - Women Only		Cardi-Yoga 7:40 - 8:10pm Yoga - Rejuvenate 8:15 - 9pm
<b>WEDNESDAY</b>	Yoga - Rejuvenate 9:45 - 10:45am	Jiu-Jitsu - Open Mat		YMA 5-7 yr	YMA 8-10 yr	FAMILY PERIOD YMA Black Belt Boot Camp Yoga - Relax	Jiu-Jitsu - All Ranks	
<b>THURSDAY</b>		Jiu-Jitsu - All Ranks	YMA 8-10 yr Home Schoolers	YMA 8-10 yr	YMA 5-7 yr	YMA 11-16 yr	Jiu-Jitsu - Beginner	Striking - Beginner
					Strong (wo)man	Jiu-Jitsu/Striking - Women Only		Yoga - Balance 8:15 - 9pm
<b>FRIDAY</b>			Yoga - Balance		YMA SPARRING Solid Belts 5:30 - 6:30pm			
						Boot Camp		

PROGRAM COLOR KEY	
<span style="background-color: #90EE90; width: 20px; height: 10px; display: inline-block;"></span>	Youth Martial Arts
<span style="background-color: #00BFFF; width: 20px; height: 10px; display: inline-block;"></span>	Jiu-Jitsu
<span style="background-color: #DDA0DD; width: 20px; height: 10px; display: inline-block;"></span>	Yoga
<span style="background-color: #FF6347; width: 20px; height: 10px; display: inline-block;"></span>	Striking
<span style="background-color: #696969; width: 20px; height: 10px; display: inline-block;"></span>	Group Fitness

	8:45 - 9:15am	9:15 - 10am		11am - 11:45am	11:45am - 12:30pm	12:30 - 1:15pm
<b>SATURDAY</b>	Cardi-Yoga	Yoga - Strengthen		YMA 5-7 yr	YMA 8-10 yr	YMA 11-16 yr
<b>SUNDAY</b>				Family Jiu-Jitsu 11am - 12:30pm		
				Yoga - Rejuvenate 11am - 12pm		