

MONDAY

2-9PM (open hours)

2:00 - 4:00PM	4:30 - 5:15PM	5:30 - 6:15PM	6:30 - 7:15PM	7:30 - 8:30PM
OPEN GYM	5 - 7 YEAR OLD MARTIAL ARTS	8 - 10 YEAR OLD MARTIAL ARTS	BLACK/RED SOLID MARTIAL ARTS	WOMEN'S KICKBOXING
			TAI CHI	GI JIU JITSU

TUESDAY

11AM-9PM

12:00 - 1:00PM	1:15 - 2:00PM	2:00 - 4:00PM	4:30 - 5:15PM	5:30 - 6:15PM	6:30 - 7:15PM	
NOGI JIU JITSU	BOOTCAMP FITNESS	OPEN GYM	5 - 7 YEAR OLD MARTIAL ARTS	8 - 10 YEAR OLD MARTIAL ARTS	TEEN 11 AND UP MARTIAL ARTS	STRIKING MARTIAL ARTS
				BOOTCAMP FITNESS		NOGI JIU JITSU
						YOGA

WEDNESDAY

2-9PM

2:00 - 4:00PM	4:30 - 5:15PM	5:30 - 6:15PM	6:30 - 7:15PM	
OPEN GYM	5 - 7 YEAR OLD MARTIAL ARTS	8 - 10 YEAR OLD MARTIAL ARTS	BLACK/RED SOLID MARTIAL ARTS	WOMEN'S KICKBOXING
			WOMEN'S JIU JITSU	BOXING
				NOGI JIU JITSU

THURSDAY

11AM-9PM

12:00 - 1:00PM	1:15 - 2:00PM	2:00 - 4:00PM	4:30 - 5:15PM	5:30 - 6:15PM	6:30 - 7:15PM	
GI JIU JITSU	BOOTCAMP FITNESS	OPEN GYM	5 - 7 YEAR OLD MARTIAL ARTS	8 - 10 YEAR OLD MARTIAL ARTS	TEEN 11 AND UP MARTIAL ARTS	STRIKING MARTIAL ARTS
				BOOTCAMP FITNESS		NOGI JIU JITSU

FRIDAY

11AM-7PM

12:00 - 1:00PM	1:00 - 4:00PM	4:00 - 5:00PM	5:15 - 6:00PM
NOGI JIU JITSU	OPEN GYM	INSTRUCTOR TRAINING	TEEN SPARRING

SATURDAY

9AM-1PM

9:00 - 10AM	10:00 - 10:45AM	11:00 - 11:45AM	12:00 - 12:45PM
YOGA	5 - 7 YEAR OLD MARTIAL ARTS	8 - 10 YEAR OLD MARTIAL ARTS	TEEN ALL RANKS
	BOOTCAMP FITNESS		
	JIU JITSU OPEN MAT MEMBERS ONLY		

PROGRAM KEY

- YOUTH MARTIAL ARTS
- JIU JITSU
- STRIKING
- FITNESS
- TAI CHI
- YOGA
- WOMEN ONLY
- BOXING