

MONDAY

2-9PM (open hours)

4:30 - 5:15PM	5:15 - 6:00PM	6:00 - 6:45PM	7:00 - 7:45PM	8:00 - 8:45PM
5 - 7 YEAR OLD MARTIAL ARTS	8 - 10 YEAR OLD MARTIAL ARTS	BLACK/RED SOLID MARTIAL ARTS	INST. TRAINING	GI JIU JITSU
		MOTR PILATES	TAI CHI	WOMEN'S KICKBOXING

TUESDAY

11AM-9PM

12:00 - 1:00PM	1:15 - 2:00PM	4:30 - 5:15PM	5:15 - 6:00PM	6:00 - 6:45PM	7:00 - 7:45PM	8:00 - 8:45PM
NOGI JIU JITSU	BOOTCAMP FITNESS	5 - 7 YEAR OLD MARTIAL ARTS	8 - 10 YEAR OLD MARTIAL ARTS	TEEN 11 AND UP MARTIAL ARTS	STRIKING MARTIAL ARTS	NOGI JIU JITSU
			5:30 - 6:15PM		YOGA	CAPOEIRA
			BOOTCAMP FITNESS			

WEDNESDAY

2-9PM

4:30 - 5:15PM	5:15 - 6:00PM	6:00 - 6:45PM	INST. TRAINING	NOGI JIU JITSU
5 - 7 YEAR OLD MARTIAL ARTS	8 - 10 YEAR OLD MARTIAL ARTS	BLACK/RED SOLID MARTIAL ARTS	WOMEN'S JIU JITSU	WOMEN'S KICKBOXING
		MOTR PILATES	BOXING	
			TAI CHI	

THURSDAY

11AM-9PM

12:00 - 1:00PM	1:15 - 2:00PM	4:30 - 5:15PM	5:15 - 6:00PM	6:00 - 6:45PM	7:00 - 7:45PM	8:00 - 8:45PM
GI JIU JITSU	BOOTCAMP FITNESS	5 - 7 YEAR OLD MARTIAL ARTS	8 - 10 YEAR OLD MARTIAL ARTS	TEEN 11 AND UP MARTIAL ARTS	STRIKING MARTIAL ARTS	NOGI JIU JITSU
			5:30 - 6:15PM			CAPOEIRA
			BOOTCAMP FITNESS			

FRIDAY

11:00AM-1:30PM

12:00 - 1:00PM
NOGI JIU JITSU

SATURDAY

9:30AM-1PM

10:00 - 10:45AM	10:45 - 11:30AM	11:30 - 12:15PM	12:30 - 1:15PM
5 - 7 YEAR OLD MARTIAL ARTS	8 - 10 YEAR OLD MARTIAL ARTS	TEEN ALL RANKS MARTIAL ARTS	SPARRING
BOOTCAMP FITNESS		BOXING	CAPOEIRA
JIU JITSU OPEN MAT MEMBERS ONLY			

