

## MONDAY

No Gi Jiu-Jitsu	11:30am-12:30pm
Youth Wrestling	4:00pm-5:00pm
Youth Wrestling	5:00pm-6:00pm
No Gi Jiu-Jitsu	6:00pm-7:00pm
Beginner Striking	7:00pm-8:00pm

## TUESDAY

Striking	11:30am-12:30pm
Youth Self Defense & MMA	4:00pm-5:00pm
Youth Weightlifting & Conditioning	5:00pm-6:00pm
Striking	6:00pm-7:00pm
Beginner Gi Jiu-Jitsu	7:00pm-8:00pm

## WEDNESDAY

No Gi Jiu-Jitsu	11:30am-12:30pm
Youth Wrestling	4:00pm-5:00pm
Youth Wrestling	5:00pm-6:00pm
No Gi Jiu-Jitsu	6:00pm-7:00pm
Beginner Striking	7:00pm-8:00pm

## THURSDAY

Striking	11:30am-12:30pm
Youth Self Defense & MMA	4:00pm-5:00pm
Youth Weightlifting & Conditioning	5:00pm-6:00pm
Striking	6:00pm-7:00pm
Beginner Gi Jiu-Jitsu	7:00pm-8:00pm

## FRIDAY

No Gi Jiu-Jitsu	11:30am-12:30pm
Youth Wrestling	4:00pm-5:00pm
Youth Wrestling	5:00pm-6:00pm
No Gi Jiu-Jitsu	6:00pm-7:00pm
Beginner Striking	7:00pm-8:00pm

## SATURDAY

Open Mat: Striking/Gi & No-Gi Jiu-Jitsu	11:00am-12:00pm
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## SUNDAY

Primal Flow Yoga	12:00pm-1:00pm
Women's Boxing	1:00pm-2:00pm