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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9 AM GI Brazilian Jiu-Jitsu Fundamentals	8-9 AM No Gi BJJ	8-9 AM GI Brazilian Jiu-Jitsu Fundamentals	8-9 AM No Gi BJJ	8-9 AM GI Brazilian Jiu-Jitsu Fundamentals	10-11 GI Brazilian Jiu-Jitsu Fundamentals
9-10 AM Kickboxing/ Muay Thai	9-10 AM Kickboxing/ Muay Thai	9-10 AM Kickboxing/ Muay Thai	9-10 AM Kickboxing/ Muay Thai	9-10 AM Kickboxing/ Muay Thai	11-12 No Gi BJJ Technique
10 – 12 PM Private Training Sessions	10 – 12 PM Private Training Sessions	10 – 12 PM Private Training Sessions	10 – 12 PM Private Training Sessions	10 – 12 PM Private Training Sessions	12-3 PM Black Belt Club
12-1PM Executive Power Hour	12-1PM Executive Power Hour	12-1PM Executive Power Hour	12-1PM Executive Power Hour	12-1PM Executive Power Hour	
1-4 PM Private Training Sessions	1-4 PM Private Training Sessions	1-4 PM Private Training Sessions	1-4 PM Private Training Sessions	1-4 PM Private Training Sessions	
5-6 PM Kids MMA	5 -6 PM Kids BJJ	5-6 PM Kids MMA	5-6 PM Kids BJJ		
6-7 PM Muay Thai/ Kickboxing Co-ed	6-7 PM Gi BJJ White – Purple	6-7 PM Muay Thai/ Kickboxing Co-ed	6-7 PM Gi BJJ White – Purple	6-7 PM Muay Thai/ Kickboxing Co-ed	
7-8 PM Beginner MMA	7-8 PM No Gi BJJ Technique White - Purple	7-8 PM MMA Sparring	7-8 PM Wrestling Technique	7-8 PM Beginner MMA	
8-9 PM MMA Sparring w/ Takedowns	8-9:30 PM Live Roll	8-9 PM MMA Sparring- Hard	8-9:30 PM Live Roll	8-9 PM MMA Sparring- Light	