



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIXED BJJ CLASS 11AM						ADVANCED BJJ 10:30AM
	FUNDAMENTALS 12PM	NOGI 12PM		FUNDAMENTALS 12PM	FUNDAMENTALS 12PM	BLITZ 11:30AM
	FUNDAMENTALS 6PM	FUNDAMENTALS 6PM	SELF-DEFENSE 6PM	SELF-DEFENSE 6PM	EXECUTIVE BJJ 6PM	
				ADVANCED BJJ 7:15PM		
	ADVANCED BJJ 7:15PM	TAKEDOWNS 7:15PM	MMA 7:15PM	BLITZ 8PM		