NEW SCHEDULE 2025. (7/01/25)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BJJ ALL LEVELS KIDS - ADULTS 10:00AM/11:00AM		BJJ ALL LEVELS KIDS - ADULTS 10:00AM/11:00AM		MUAY THAI KIDS - ADULTS 10:00AM/11:00AM (Ages 7+)
	NO-GI ALL LEVELS KIDS - ADULTS 11:00AM/11:45AM		NO-GI ALL LEVELS KIDS - ADULTS 11:00AM/11:45AM		NO-GI ALL LEVELS KIDS - ADULTS 10:00AM/11:00AM
					BJJ ALL LEVELS KIDS - ADULTS 11:00AM/12:00PM
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
STRENGTH & CONDITIONING 5:15PM/6:00PM (Ages 10+ Kids Advance & Adults		STRENGTH & CONDITIONING 5:15PM/6:00PM (Ages 10+ Kids Advance & Adults			
LITLLE BULLDOGS 5:15PM/6:00PM (Ages 3 -6)	LITLLE BULLDOGS 5:15PM/6:00PM (Ages 3 -6)	LITLLE BULLDOGS 5:15PM/6:00PM (Ages 3 -6)	LITLLE BULLDOGS 5:15PM/6:00PM (Ages 3 -6)	LITLLE BULLDOGS 5:15PM/6:00PM (Ages 3 -6)	
KIDS BEGINNERS 5:15PM/6:00PM (White & Gray White Belts Only)	KIDS BJJ NO-GI 5:15PM/6:00PM (All Levels)	KIDS BEGINNERS 5:15PM/6:00PM (White & Gray White Belts Only)	KIDS BJJ NO-GI 5:15PM/6:00PM (All Levels)	KIDS ALL LEVELS 5:15PM/6:15PM (All Levels)	
MUAY THAI KIDS - ADULTS 6:00PM/6:45PM (Ages 7+)	KIDS BJJ GI 6:00PM/6:45PM (All Levels)	MUAY THAI KIDS - ADULTS 6:00PM/6:45PM (Ages 7+)	KIDS BJJ GI 6:00PM/6:45PM (All Levels)	ADULTS BJJ GI / NO-GI 5:15PM/6:15PM (Live Sparring)	
		JUDO ALL LEVELS 6:45PM/7:30PM (All Levels)			
KIDS ADVANCE 6:45PM /7:30PM (Gray Belts+)	MUAY THAI ADULTS ONLY 6:00PM/6:45PM	KIDS ADVANCE 6:45PM /7:30PM (Gray Belts+)	MUAY THAI ADULTS ONLY 6:00PM/6:45PM		
ADULTS BJJ BEGINNERS 6:45PM/7:30PM	ADULTS NO-GI 6:45PM/7:30PM (All Levels)	ADULTS BJJ BEGINNERS 6:45PM/7:30PM	ADULTS NO-GI 6:45PM/7:30PM (All Levels)		
ADULTS BJJ 7:30PM/8:30PM (All Levels)	ADULTS BJJ 7:30PM / 8:30PM (All Levels)	ADULTS BJJ 7:30PM/8:30PM (All Levels)	ADULTS BJJ 7:30PM / 8:30PM (All Levels)		
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**

Monday to Friday open MUAY THAI area for age 12 and up (while not in use for class)

GYM (workout) area for ages 13 and up (TENNIS SHOES IS MANDATORY IN GYM AREA)

Monday to Thursday 10:00am to 8:00pm - Friday 10:00am to 6:30pm - Saturday 10:00am to 12:00pm