

Sunday							
		12:00-12:45	5:30-6:15	6:30-7:15	6:30-7:15	7:30-8:15	
Monday		BRAZILIAN JIU-JITSU ALL BELTS	KIDS KARATE WHITE, YELLOW, ORANGE & GREEN BELTS ONLY	Karate, Adults & Teens 13 AND OVER	KIDS BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU WHITE & BLUE BELTS ONLY	
			6:00-6:45	6:00-6:45	7:00-7:45	8:00-8:45	
Tuesday			STEEL FIT, KBX KICKBOXING LOWER LEVEL	MUAY-THAI ADULTS	BRAZILIAN JIU-JITSU BLUE BELTS & ABOVE	BRAZILIAN JIU-JITSU NO-GI	
	7:00-7:45	12:00-12:45	4:15-5:00	5:30-6:15	6:30-7:15	7:30-8:15	
Wednesday	BRAZILIAN JIU-JITSU ALL BELTS	BRAZILIAN JIU-JITSU ALL BELTS	KARATE, ADULT & ADVANCED TEENS 13 AND OVER	KIDS KARATE WHITE, YELLOW, ORANGE, GREEN BELTS	BRAZILIAN JIU-JITSU WHITE & BLUE BELTS ONLY	BRAZILIAN JIU-JITSU ALL BELTS	
		5:00-5:45	6:00-6:45	6:00-6:45	7:00-7:45	8:00-8:45	
Thursday		KIDS BRAZILIAN JIU-JITSU	Karate, Adults & Teens 13 AND OVER	STEEL FIT, KBX KICKBOXING LOWER LEVEL	BRAZILIAN JIU-JITSU ALL BELTS	BRAZILIAN JIU-JITSU PURPLE BELTS & ABOVE	
	7:00-8:00 AM		5:00-5:45				
Friday	BRAZILIAN JIU-JITSU ALL BELTS		MUAY-THAI ADULTS				
	10:00-10:45	10:00-10:45	11:00-11:45	11:00-11:45	12:00-1:00	1:15-2:15	
Saturday	KARATE, ALL AGES, ALL LEVELS	STEEL FIT, KBX KICKBOXING LOWER LEVEL	KIDS BRAZILIAN JIU-JITSU	BRAZILIAN JIU- JITSU WOMEN ONLY LOWER LEVEL	BRAZILIAN JIU-JITSU WHITE & BLUE BELTS ONLY	BRAZILIAN JIU-JITSU ALL BELTS	