

Sunday							
		12:00-1:00	5:30-6:20	6:30-7:15	6:30-7:15	7:45-8:45	
Monday		BRAZILIAN JIU-JITSU ALL BELTS	KIDS KARATE WHITE, YELLOW, ORANGE & GREEN BELTS ONLY	Karate, Adults & Teens 13 AND OVER Lower Level	KIDS BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU BEGINNER	
			6:00-6:45	6:00-6:45	7:00-8:00	8:00-9:00	
Tuesday			STEEL FIT, KBX KICKBOXING LOWER LEVEL	MUAY-THAI ADULTS	BRAZILIAN JIU-JITSU BLUE BELTS & ABOVE	BRAZILIAN JIU-JITSU NO-GI	
	7:00-8:00 AM	12:00-1:00	5:30-6:15	5:30-6:20	6:45-7:45		
Wednesday	BRAZILIAN JIU-JITSU ALL BELTS	BRAZILIAN JIU-JITSU ALL BELTS	KARATE, ADULT & ADVANCED TEENS 13 AND OVER LOWER LEVEL	KIDS KARATE WHITE, YELLOW, ORANGE, GREEN BELTS	BRAZILIAN JIU-JITSU BEGINNER		
		12:00-1:00	5:00-5:45	6:00-6:45	6:00-6:45	7:00-8:00	
Thursday		BRAZILIAN JIU-JITSU ALL BELTS	KIDS BRAZILIAN JIU-JITSU	MUAY-THAI ADULTS	STEEL FIT, KBX KICKBOXING LOWER LEVEL	BRAZILIAN JIU-JITSU ALL BELTS	
	7:00-8:00 AM			4:00-6:00			
Friday	BRAZILIAN JIU-JITSU ALL BELTS			OPEN MAT			
	10:00-10:45	10:00-10:45	11:00-11:45	11:00-11:45	12:15-1:15	1:30-2:30	
Saturday	KARATE, ALL AGES, ALL LEVELS	STEEL FIT, KBX KICKBOXING LOWER LEVEL	KIDS BRAZILIAN JIU-JITSU	BRAZILIAN JIU-JITSU SELF DEFENSE WOMEN ONLY LOWER LEVEL	BRAZILIAN JIU-JITSU BEGINNER	BRAZILIAN JIU-JITSU NO-GI	