



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30 am - 12:15 pm All Ranks	<i>Private Lessons</i> available 6 days	11:30 am - 12:15 pm All Ranks	<i>Private Lessons</i> available 6 days	4:00 – 5:00 <i>Open Mat</i>	<i>Private Lessons</i> available 6 days
4:00 - 4:45 <i>Instructor Training</i>	4:30 - 5:00 Weapon Training	4:00 - 4:45 <i>Instructor Training</i>	4:30 - 5:00 Weapon Training	4:30 – 5:00 <i>Instructor Training</i>	9:30 - 10:15 MMA Juniors
5:00 - 5:30 Little Kickers	5:00 - 5:45 Brown & Above	5:00 - 5:30 Little Kickers	5:00 - 5:45 Brown & Above	5:00 - 5:30 Little Kickers	9:30 - 10:15 MMA Teens & Adults
5:30 - 6:15 White - Sr. Blue Juniors	5:45 - 6:15 <i>Kicks & Conditioning</i>	5:30 - 6:15 White - Sr. Blue Juniors	5:45 - 6:15 <i>Flexibility & Mobility Class</i>	5:30 - 6:15 White - Sr. Yellow	10:15 - 11:00 All Ranks Juniors
6:15 - 7:00 Junior MMA	6:15 - 7:00 White - Sr. Blue Juniors	6:15 - 7:00 Junior MMA	6:15 - 7:00 White - Sr. Blue Juniors	6:15 - 7:00 Green & Above	10:15 - 11:00 All Ranks Teens & Adults
7:00 - 7:45 Brown & Above	7:00 - 7:45 All Ranks Teens & Adults	7:00 - 7:45 Brown & Above	7:00 - 7:45 All Ranks Teens & Adults	6:15 - 7:00 All Ranks Teens & Adults	11:00 - 11:30 Little Kickers
7:00 - 7:45 All Ranks Teens & Adults		7:00 - 7:45 All Ranks Teens & Adults			Birthday Parties 12:00 - 1:30pm
7:30 - 8:30 MMA Teens & Adults		7:30 - 8:30 MMA Teens & Adults			