

Schedule

	Mon	Tue	Wed	Thr	Fri	Sat	Sun
10am							BJJ: Blue belt and up 10-Noon
11am							
Noon							
1pm		BJJ 1-2pm		BJJ 1-2pm			Women's Cardio MMA 12:30-2
2pm							
3pm						MMA (a)	MMA (a)
4pm							
5pm		Women's Cardio MMA 5:30-7:15	Women's Cardio MMA 5:30-6:30			Women's Cardio MMA 5:30-7	
6pm	BJJ 6-8pm			BJJ 6-8pm			
7pm		Judo/Wrestling 7:15-9pm	BJJ 7-9pm		Submission Grappling 7-9pm		
8pm	MMA 8-10pm			MMA 8-10pm			
9pm							
10pm							

BJJ: Except for the first class a gee is required.

MMA: Permission from Kevin Barber to participate.

Submission Grappling: BJJ techniques applied with out a gee.

(a) Weekend MMA class times subject to change.

