



## SCHEDULE 2017

### FUNDAMENTALS CLASS

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS
6:15 PM	BJJ FUNDAMENTALS		BJJ FUNDAMENTALS		BJJ FUNDAMENTALS	
7:15 PM		BJJ FUNDAMENTALS		BJJ FUNDAMENTALS		

### BEGINNERS CLASS

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	BJJ BEGINNERS	BJJ BEGINNERS	NOGI	BJJ BEGINNERS	BJJ BEGINNERS		
10:00 AM	BJJ BEGINNERS	BJJ BEGINNERS	BJJ BEGINNERS	BJJ BEGINNERS	BJJ BEGINNERS	BJJ BEGINNERS	BJJ BEGINNERS
6:15 PM	BJJ BEGINNERS		BJJ BEGINNERS		BJJ BEGINNERS		
7:15 PM		BJJ BEGINNERS		BJJ BEGINNERS			

### ADVANCED CLASS

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM	BJJ ADVANCED	NOGI PRO TRAINING	BJJ ADVANCED	NOGI PRO TRAINING	BJJ ADVANCED	OPEN MAT	OPEN MAT
6:15 PM		BJJ ADVANCED		BJJ ADVANCED			
7:15 PM	BJJ ADVANCED		NOGI		NOGI		

### MMA PROGRAM

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	JUDO		JUDO			
10:00 AM		CAPOEIRA		CAPOEIRA		
6:15 PM	JUDO	CAPOEIRA	JUDO	CAPOEIRA	CAPOEIRA	
7:15 PM	MMA	MMA	MMA	MMA	MMA	

### WOMEN CLASS

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM		WOMENS CLASS		WOMENS CLASS		WOMENS CLASS

### KIDS CLASS

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 PM	KIDS CLASS (4-6)	KIDS CLASS (4-6)	KIDS CLASS (4-5)	KIDS CLASS (4-6)	KIDS CLASS (4-5)
5:15 PM	YOUNG WARRIORS (7-12)	YOUNG WARRIORS (7-12)	YOUNG WARRIORS (7-12)	YOUNG WARRIORS (7-12)	YOUNG WARRIORS (7-12)

### FITNESS

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 PM	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
7:15 PM	FITNESS		FITNESS		FITNESS