



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga 12:00-1:00pm	Yoga 9:30-10:30am	Yoga 8:00-9:00am	All Levels BJJ 10:00-11:00	Yoga 9:00-10:00am
Junior Basic Ages 9-13 years old 4:00-4:45pm	Junior Advanced Ages 9-13 years old 4:15-5:00pm	Junior Basic Ages 9-13 years old 4:00-4:45pm	Junior Advanced Ages 9-13 years old 4:15-5:00pm	Junior Basic Ages 9-13 years old 4:00-4:45pm	Junior Basic All Ages 10:15-11:00am
Junior Basic Ages 5-8 years old 4:45-5:30pm	Junior Advanced Ages 5-8 years old 5:00-5:45pm	Junior Basic Ages 5-8 years old 4:45-5:30pm	Junior Advanced Ages 5-8 years old 5:00-5:45pm	Junior Basic Ages 5-8 years old 4:45-5:30pm	Junior Advanced Ages 9-13 years old 11:00-11:45am
Junior Advanced Ages 9-13 years old 5:30-6:15pm	Cardio Fitness 6:00-6:45pm	Junior Advanced Ages 9-13 years old 5:30-6:15pm	Cardio Fitness 6:00-6:45pm	Junior Adv. Sparring Ages 9-13 years old 5:30-6:15pm	Adult Basic BJJ 11:45-12:45
Cardio Kick Boxing 6:15-7:15pm	Power Yoga 6:45-7:30pm	Cardio Kick Boxing 6:15-7:15pm	Power Yoga 6:45-7:30pm	Cardio Kick Boxing 6:15-7:15pm	No Gi BJJ 12:45-1:45pm
Adult Basic BJJ 7:15-8:15pm	Adult Basic BJJ 7:30-8:30pm	Yoga 7:15-8:15pm	Adult Basic BJJ 7:30-8:30pm	Yoga 7:15-8:15pm	
Advanced Gi BJJ 8:15-9:15pm	Advanced Gi BJJ 8:30-9:30pm	Randori 8:30-9:30pm	Advanced Gi BJJ 8:30-9:30pm	Adult Basic BJJ 8:30-9:30pm	