



	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
5:00 AM	Bootcamp - Conditioning 5:35-6:35am				Bootcamp - KB 5:35-6:35am						
6:00 AM	Before Care - 6:45-9:00am		Before Care - 6:45-9:00am		Before Care - 6:45-9:00am		Before Care - 6:45-9:00am		Before Care - 6:45-9:00am		
7:00 AM											
8:00 AM	Bootcamp - Conditioning 9:30-10:30am				Bootcamp - KB 9:30-10:30am						
9:00 AM											
10:00 AM											
11:00 AM											
12:00 PM										Open Mat - 12:00-2:00pm	
1:00 PM											
2:00 PM	After Care - 2:30-6:00pm		After Care - 2:30-6:00pm		After Care - 2:30-6:00pm		After Care - 2:30-6:00pm		After Care - 2:30-6:00pm		
3:00 PM											
4:00 PM											
5:00 PM	Youth Thai Jitsu BBC - 5-11 Years Old 5:00-6:00pm	Youth Thai Jitsu - 5-8 Years Old 5:05-5:50pm	Youth Thai Jitsu - 8-11 Years Old 4:55-5:40pm	Youth Thai Jitsu - 5-8 Years Old 5:05-5:50pm	Youth Thai Jitsu - 8-11 Years Old 4:55-5:40pm	Youth Thai Jitsu BBC - 5-11 Years Old 5:00-6:00pm	Youth Thai Jitsu - 5-8 Years Old 5:05-5:50pm	Youth Thai Jitsu - 8-11 Years Old 4:55-5:40pm	Youth Thai Jitsu - 5-8 Years Old 5:05-5:50pm	Youth Thai Jitsu - 8-11 Years Old 4:55-5:40pm	Youth Thai Jitsu BBC - 5-11 Years Old 5:00-6:00pm
6:00 PM	Youth Thai Jitsu - 5-8 Years Old 6:00-6:45pm		Bootcamp - KB 5:45-6:45pm	Youth Thai Jitsu - 8-11 Years Old 6:00-6:45pm	Bootcamp - KB 6:00-7:00pm	Youth Thai Jitsu - 5-8 Years Old 6:00-6:45pm		Bootcamp - Conditioning 5:45-6:45pm	Teen - Jiu Jitsu 6:00-7:00pm	Youth Thai Jitsu - 8-11 Years Old 6:00-6:45pm	Bootcamp - Conditioning 6:00-7:00pm
7:00 PM	Teen - KB 6:45-7:45pm		Intro BJJ 6:45-7:45pm		Teen - KB 7:00-8:00pm	Intro BJJ 6:45-7:45pm			Adult Jiu Jitsu - CAP 7:00-8:30pm		
8:00 PM	Adult Jiu Jitsu - CAP 8:00-9:30pm		Adult Kickboxing - Intro 7:45-8:45pm CAP 7:45-9:15pm	Adult Jiu Jitsu - CAP 7:45-9:15pm	Adult Kickboxing - Intro 8:00-9:00pm CAP 8:00-9:30pm	Adult Jiu Jitsu - CAP 7:45-9:15pm				Adult Kickboxing - Intro 8:15-9:15pm CAP 8:15-9:45pm	
9:00 PM			Bootcamp - KB 9:15-10:15pm					Bootcamp - Conditioning 9:15-10:15pm			
10:00 PM											
	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday