



SCHEDULE EFFECTIVE SUNDAY, AUGUST 9, 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		930am – 1030am **BJJ Drills and Conditioning		930am – 1030am **BJJ Drills and Conditioning		
1130am – 100pm No-Gi BJJ All Levels	1130am – 100pm BJJ (Gi) All Levels	1130am – 100 pm No-Gi BJJ All Levels	1130am – 100pm BJJ (Gi) All Levels	1130am – 100 pm No-Gi BJJ All Levels	1130am – 100pm Competition Training (Invite Only)	1030 am – 1130 am Kid's and Teens Open Mat & Review
	430 pm – 600 pm BJJ (with Gi) Fundamentals & Drills	500 pm – 550 pm Kid's Program Ages 7-13	430 pm – 600 pm BJJ (with Gi) Fundamentals & Drills	500 pm – 550 pm Kid's Program Ages 7-13	430pm – 530pm BJJ Drills and Conditioning	1130 am – 130 pm Open Mat / Sparring Non-Members Welcome!!!
	600 pm – 730 pm Muay Thai All Levels	600 pm – 730 pm BJJ (with Gi) Blue & up / Invite Competition	600 pm – 730 pm Submission Wrestling (No-Gi) All Levels	600 pm –730 pm BJJ (with Gi) Blue & up / Invite Competition	600 pm – 700 pm Muay Thai Sparring & Drills	
	730 pm – 900 pm Submission Wrestling (No-Gi) All Levels	730 pm – 900 pm BJJ (with Gi) Fundamentals & Drills	730 pm – 900 pm Muay Thai All Levels	730 pm – 900 pm BJJ (with Gi) Fundamentals & Drills	700pm – 800 pm BJJ (Gi) Takedowns & Drills	

GYM HOURS – ** PLEASE NOTE THAT 930 AM CLASSES WILL BEGIN AUGUST 25TH. PRIVATE LESSONS/SEMI-PRIVATE LESSONS ARE AVAILABLE BY APPOINTMENT.

*** ADDITIONAL / ADVANCED MIXED MARTIAL ARTS TRAINING AVAILABLE BY APPOINTMENT ONLY ***