

MONDAY

BAF	60'	BadAss Fitness <small>Beginner</small>	08:00 - 09:00
NOGI	90'	BJJ NoGi <small>Intermediate</small>	09:30 - 11:00
MT	60'	Muay Thai Padwork <small>Intermediate</small>	09:00 - 10:00
MT	60'	Muay Thai <small>Beginner</small>	10:00 - 11:00
GI	60'	BJJ Gi Takedowns <small>Beginner</small>	11:00 - 12:00
GI	90'	BJJ Gi <small>Intermediate</small>	12:00 - 13:30
KIDS	60'	BJJ Gi Kids Cubs <small>Cubs Age 4-8</small>	17:00 - 18:00
KIDS	60'	BJJ Gi Kids Juvenile <small>Juvenile 9-13</small>	17:00 - 18:00
MMA	60'	MMA Stand Up <small>Beginner</small>	17:00 - 18:00
GI	60'	BJJ Gi Takedowns <small>Beginner</small>	18:00 - 19:00
MT	60'	Muay Thai Clinch <small>Intermediate</small>	18:00 - 19:00
MMA	60'	MMA Wrestling <small>Beginner</small>	18:00 - 19:00
GI	90'	BJJ Gi <small>Intermediate</small>	19:00 - 20:30
MMA	60'	MMA Wrestling <small>Advanced</small>	19:00 - 20:00
MMA	60'	MMA Stand Up <small>Beginner</small>	19:00 - 20:00
MMA	90'	MMA Stand Up <small>Advanced</small>	20:00 - 21:30
MT	90'	Muay Thai <small>Intermediate</small>	20:00 - 21:30
GI	60'	BJJ Gi <small>Beginner</small>	20:30 - 21:30

TUESDAY

FF	60'	Fitness Flow <small>All</small>	07:00 - 08:00
IGYB	60'	I Got Your Back <small>All</small>	08:00 - 09:00
MMA	60'	MMA Ground <small>All</small>	09:00 - 10:00
MT	60'	Muay Thai <small>Intermediate</small>	09:00 - 10:00
NOGI	60'	BJJ NoGi <small>Beginner</small>	09:30 - 10:30
MMA	60'	MMA T.A.P. <small>All</small>	10:00 - 11:00
MT	60'	Muay Thai Padwork <small>Intermediate</small>	10:00 - 11:00
NOGI	90'	BJJ NoGi <small>Intermediate</small>	10:30 - 12:00
LF	60'	Lunch Fitness <small>All</small>	12:00 - 13:00
KIDS	60'	Muay Thai Kids <small>Cubs Age 10-11</small>	17:00 - 18:00
KIDS	60'	Muay Thai Kids <small>Youth 11-13</small>	17:00 - 18:00
NOGI	60'	BJJ NoGi <small>Advanced</small>	18:00 - 19:00
NOGI	60'	BJJ NoGi <small>Beginner</small>	18:00 - 19:00
MT	60'	Muay Thai <small>Intermediate</small>	18:00 - 19:00
MMA	60'	MMA Ground <small>Beginner</small>	18:00 - 19:00
NOGI	90'	BJJ NoGi <small>Intermediate</small>	19:00 - 20:30
MMA	90'	MMA Stand Up <small>Advanced</small>	19:00 - 20:30
MT	60'	Muay Thai <small>Beginner</small>	19:00 - 20:00
MT	90'	Muay Thai <small>Advanced</small>	20:00 - 21:30
MMA	60'	MMA Stand Up <small>Beginner</small>	20:30 - 21:30

WEDNESDAY

BAF	60'	BadAss Fitness <small>All</small>	08:00 - 09:00
MT	60'	Muay Thai <small>Beginner</small>	08:00 - 09:00
MT	60'	Muay Thai Padwork <small>All</small>	09:00 - 10:00
MMA	60'	MMA Stand Up <small>Beginner</small>	09:00 - 10:00
GI	60'	BJJ Gi <small>Beginner</small>	09:30 - 10:30
MMA	90'	MMA Stand Up <small>Advanced</small>	10:00 - 11:30
GI	90'	BJJ Gi <small>Intermediate</small>	10:30 - 12:00
BAF	60'	BadAss Fitness <small>All</small>	11:00 - 12:00
LM	60'	Lunch Mobility <small>All</small>	12:00 - 13:00
MMA	60'	MMA Stand Up <small>Beginner</small>	17:00 - 18:00
KIDS	60'	BJJ Gi Kids Cubs <small>Cubs Age 4-8</small>	17:00 - 18:00
KIDS	60'	BJJ Gi Kids Juvenile <small>Juvenile 9-13</small>	17:00 - 18:00
GI	60'	BJJ Gi <small>Advanced</small>	18:00 - 19:00
GI	60'	BJJ Gi <small>Beginner</small>	18:00 - 19:00
GI	60'	BJJ Gi <small>Intermediate</small>	18:00 - 19:00
MMA	60'	MMA Ground <small>Beginner</small>	18:00 - 19:00
GI	90'	BJJ Gi <small>Intermediate</small>	19:00 - 20:30
MMA	90'	MMA <small>Advanced</small>	19:00 - 20:30
MT	90'	Muay Thai <small>Advanced</small>	19:00 - 20:30
NOGI	60'	BJJ NoGi <small>Beginner</small>	20:30 - 21:30
MMA	60'	MMA Stand Up <small>Beginner</small>	20:30 - 21:30

THURSDAY

FF	60'	Fitness Flow <small>All</small>	07:00 - 08:00
MT	60'	Muay Thai <small>Intermediate</small>	09:00 - 10:00
GI	60'	BJJ Gi <small>Beginner</small>	09:30 - 10:30
MMA	60'	MMA Ground <small>Beginner</small>	10:00 - 11:00
MT	60'	Muay Thai Padwork <small>Intermediate</small>	10:00 - 11:00
GI	90'	BJJ Gi <small>Intermediate</small>	10:30 - 12:00
LF	60'	Lunch Fitness <small>All</small>	12:00 - 13:00
KIDS	60'	Muay Thai Kids <small>Cubs Age 10-11</small>	17:00 - 18:00
KIDS	60'	Muay Thai Kids <small>Youth 11-13</small>	17:00 - 18:00
GI	60'	BJJ Gi Takedowns <small>Intermediate</small>	18:00 - 19:00
NOGI	60'	BJJ NoGi <small>Beginner</small>	18:00 - 19:00
MMA	60'	MMA Ground <small>Advanced</small>	18:00 - 19:00
MT	90'	Muay Thai <small>Advanced</small>	18:00 - 19:30
GI	90'	BJJ Gi <small>Intermediate</small>	19:00 - 20:30
MMA	60'	MMA Wrestling <small>Beginner</small>	19:00 - 20:00
MT	60'	Muay Thai <small>Intermediate</small>	19:30 - 20:30
MMA	60'	MMA Cagework <small>Advanced</small>	20:00 - 21:00
MT	60'	Muay Thai <small>Beginner</small>	20:30 - 21:30

FRIDAY

BAF	60'	BadAss Fitness <small>All</small>	07:00 - 08:00
BAF	60'	BadAss Fitness <small>All</small>	08:00 - 09:00
MMA	60'	MMA Wrestling <small>Beginner</small>	08:00 - 09:00
MT	60'	Muay Thai Padwork <small>Intermediate</small>	09:00 - 10:00
MT	60'	Muay Thai <small>Beginner</small>	10:00 - 11:00
GI	90'	BJJ Gi <small>Intermediate</small>	10:30 - 12:00
BAF	60'	BadAss Fitness <small>All</small>	11:00 - 12:00
NoGi	90'	BJJ NoGi <small>Intermediate</small>	12:00 - 13:30
IGYB	60'	I Got Your Back <small>All</small>	15:45 - 16:45
NOGI	60'	BJJ NoGi Takedowns <small>Beginner</small>	17:00 - 18:00
MMA	60'	MMA Stand Up <small>Beginner</small>	17:00 - 18:00
GI	60'	BJJ Gi <small>Beginner</small>	18:00 - 19:00
MMA	90'	MMA Wrestling <small>Advanced</small>	18:00 - 19:30
MT	60'	Muay Thai <small>Beginner</small>	18:00 - 19:00
NOGI & GI	60'	BJJ Competition Class <small>Intermediate</small>	19:00 - 20:00
MMA	60'	MMA Stand Up <small>Beginner</small>	19:00 - 20:00
MT	60'	Muay Thai <small>Intermediate</small>	19:00 - 20:00
NOGI & GI	60'	BJJ Sparring <small>All</small>	20:00 - 21:00
MMA	60'	MMA Ground <small>Beginner</small>	20:00 - 21:00
MMA	90'	MMA Stand Up <small>Advanced</small>	20:00 - 21:30

SATURDAY

MMA	90'	MMA Stand Up <small>All</small>	10:30 - 12:00
MMA	60'	MMA Ground <small>Beginner</small>	12:00 - 13:00
MMA	60'	MMA T.A.P. <small>All</small>	13:00 - 14:00

SUNDAY

NOGI & GI	60'	BJJ Drills <small>All</small>	14:00 - 15:00
MMA	60'	MMA T.A.P. <small>All</small>	14:00 - 15:00
NOGI & GI	90'	BJJ Open Mat <small>All</small>	15:00 - 16:30
MMA	90'	MMA Ground Open Mat <small>All</small>	15:00 - 16:30
MT	90'	Muay Thai Sparring <small>Invite Only</small>	15:00 - 16:30

FOR UPDATES FOLLOW:

