

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels BJJ (NO-GI) 8:15 AM to 9:15 AM	Fundamentals BJJ (GI) 8:15 AM to 9:15 AM	All Levels BJJ (NO-GI) 8:15 AM to 9:15 AM	Fundamentals BJJ (GI) 8:15 AM to 9:15 AM	All Levels BJJ (NO-GI) 8:15 AM to 9:15 AM	Kids Body Awareness 3 to 6** 9 AM to 9:50 AM
MMA 9:30 AM to 10:30 AM		MMA 9:30 AM to 10:30 AM			Fundamentals BJJ (No-GI) 10 AM to 11:15 AM
All Levels BJJ (NO-GI) 11 AM to 12 PM	Fundamentals BJJ (GI) 11 AM to 12 PM	All Levels BJJ (NO-GI) 11 AM to 12 PM	Fundamentals BJJ (GI) 11 AM to 12 PM		Women's Self Defense No-GI 11:30 AM to 12:30 PM
Kids BJJ (4-8) (GI) 4:15 PM to 5 PM	Kids BJJ (4-8) (GI) 4:15 PM to 5 PM	Kids BJJ (4-8) (NO-GI) 4:15 PM to 5 PM	Kids BJJ (4-8) (NO-GI) 4:15 PM to 5 PM		
Kids BJJ (9-14) (GI) 5 PM to 6 PM	Kids BJJ (9-14) (GI) 5 PM to 6 PM	Kids BJJ (9-14) (NO-GI) 5 PM to 6 PM	Kids BJJ (9-14) (NO-GI) 5 PM to 6 PM		
MMA 6 PM to 7 PM	All Levels BJJ (GI) 6 PM to 7:30 PM	MMA 6 PM to 7 PM	All Levels BJJ (GI) 6 PM to 7:30 PM	NO-GI All Levels* 6 PM to 8 PM	
Open Mat All Welcome 7 PM to 8 PM	Fundamentals BJJ (GI) 7:30 PM to 8:30 PM	NO-GI All Levels 7 PM to 8 PM	Fundamentals BJJ (GI) 7:30 PM to 8:30 PM		

*Will NOT happen on the last Friday of each month

**Must be able to walk and have basic understanding of things like get on your knees, stand up and jump.

DOJO RULES

BOW WHEN ENTERING OR EXITING THE MAT
SHOW UP TO CLASS WITH A CLEAN GI & CLEAN FEET
KEEP YOUR NAILS TRIMMED SHORT
RESPECT YOUR TEACHERS AND FELLOW STUDENTS
ALWAYS WEAR SANDALS/SHOES OFF THE MAT
ASK FOR PERMISSION TO COME INTO THE MAT IF YOU ARE LATE
PAY YOUR TRAINING FEES ON TIME