

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boxing 6:30 - 7:30 AM	Jiu Jitsu Drilling 6:30 - 7:15 AM	Boxing 6:30 - 7:30 AM	Jiu Jitsu Drilling 6:30 - 7:15 AM	Boxing 6:30 - 7:30 AM	
Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Kinder Jitsu 9:15 - 10:00 AM
Gi Jiu Jitsu 10:30 - 11:30 AM	Gi Jiu Jitsu 10:30 - 11:30 AM	Gi Jiu Jitsu 10:30 - 11:30 AM	Gi Jiu Jitsu 10:30 - 11:30 AM	Jiu Jitsu Open Mat 10:30 AM - 12:30 PM	Youth Jiu Jitsu 10:00 - 11:00 AM
Kickboxing 10:30 - 11:30 AM	Kickboxing 10:30 - 11:30 AM	Kickboxing 10:30 - 11:30 AM	Kickboxing 10:30 - 11:30 AM	Kickboxing 10:30 - 11:30 AM	Kickboxing 10:00 - 11:00 AM
Boxing 12:15 - 1:15 PM	Boxing 12:15 - 1:15 PM	Boxing 12:15 - 1:15 PM	Boxing 12:15 - 1:15 PM	Boxing 12:15 - 1:15 PM	***Flow Yoga (Sat + Sun) 10:00 - 11:00 AM
Kickboxing 4:30 - 5:30 PM	Kickboxing 4:30 - 5:30 PM	Kickboxing 4:30 - 5:30 PM	Kickboxing 4:30 - 5:30 PM	Kickboxing 4:30 - 5:30 PM	No Gi Jiu Jitsu 11:00 - 12:00 PM
Youth Jiu Jitsu 4:30 - 5:30 PM	Youth Jiu Jitsu 4:30 - 5:30 PM	Youth Jiu Jitsu 4:30 - 5:30 PM	Youth Jiu Jitsu 4:30 - 5:30 PM	Jiu Jitsu Open Mat 4:00 - 6:00 PM	Boxing 12:00 - 1:00 PM
MMA 4:30 - 5:30 PM	MMA 5:00 - 6:00 PM	MMA 4:30 - 5:30 PM	MMA 5:00 - 6:00 PM	***Flow Yoga 5:00 - 6:00 PM	**BJJ Comp Training 12:30 - 1:30 PM
***Flow Yoga 5:00 - 6:00 PM	***Flow Yoga 5:00 - 6:00 PM	***Flow Yoga 5:00 - 6:00 PM	***Flow Yoga 5:00 - 6:00 PM		***Flow Yoga (Sat + Sun) 4:00 - 5:00 PM
Boxing 5:30 - 6:30 PM	Boxing 5:30 - 6:30 PM	Boxing 5:30 - 6:30 PM	Boxing 5:30 - 6:30 PM	Boxing 5:30 - 6:30 PM	<b>Hours:</b> Mon/Wed: 6:30 AM - 9 PM Tue/Thr: 7 AM - 9 PM Fri: 6:30 AM - 8 PM
Jiu Jitsu Fundamentals 5:30 - 6:00 PM					
No Gi Jiu Jitsu 6:00 - 7:00 PM	No Gi Jiu Jitsu 6:00 - 7:00 PM	No Gi Jiu Jitsu 6:00 - 7:00 PM	No Gi Jiu Jitsu 6:00 - 7:00 PM		Sat: 8 AM - 2 PM Sun: 10 AM - 2 PM
G.R.I.T. 6:00 - 7:00 PM	G.R.I.T. 6:00 - 7:00 PM	G.R.I.T. 6:00 - 7:00 PM	G.R.I.T. 6:00 - 7:00 PM	G.R.I.T. 6:00 - 7:00 PM	** - By invite only *** - Studio 520
***Flow Yoga 7:00 - 8:00 PM	***Yin Yoga 7:00 - 8:00 PM	***Yin Yoga 7:00 - 8:00 PM	***Flow Yoga 7:00 - 8:00 PM	Women's Jiu Jitsu 6:00 - 7:00 PM	<b>Holiday Hours:</b> NYE: Close at 7 PM NYD: Open at 10 AM 4th of July: 10 AM - 2 PM
	**Advanced Boxing 7:00 - 8:00 PM		**Advanced Boxing 7:00 - 8:00 PM		
Kickboxing 7:00 - 8:00 PM	Kickboxing 7:00 - 8:00 PM	Kickboxing 7:00 - 8:00 PM	Kickboxing 7:00 - 8:00 PM	Kickboxing 7:00 - 8:00 PM	Thanks Eve: Close at 7 PM Thanks Day: 8 AM - 12 PM
Gi Jiu Jitsu 7:15 - 8:30 PM	Gi Jiu Jitsu 7:15 - 8:30 PM	Gi Jiu Jitsu 7:15 - 8:30 PM	Gi Jiu Jitsu 7:15 - 8:30 PM		Xmas Eve: Close at 7 PM Xmas Day: Closed