

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boxing 6:30 - 7:30 AM	Jiu Jitsu Drilling 6:30 - 7:30 AM	Boxing 6:30 - 7:30 AM	Jiu Jitsu Drilling 6:30 - 7:30 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	
Gi Jiu Jitsu 10:30 - 11:30 AM	Gi Jiu Jitsu 10:30 - 11:30 AM	No Gi Jiu Jitsu 10:30 - 11:30 AM	Gi Jiu Jitsu 10:30 - 11:30 AM	Jiu Jitsu Open Mat 10:30 - 11:30 AM	Kinder Jitsu (3-5 yrs old) 9:15 - 10:00 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	Youth Jiu Jitsu 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	Kickboxing 10:00 - 11:00 AM
					No Gi Jiu Jitsu 11:00 - 12:00 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	Kickboxing 4:30 - 5:30 PM	Boxing 12:00 - 1:00 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	Comp Team Training 12:30 - 1:30 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		
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	Hours: Mon-Thr: 6:30 AM - 9 PM Fri: 6:30 AM - 8 PM Sat: 8 AM - 2 PM Sun: 10 AM - 2 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		
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	Holiday Hours: NYE: Close at 7PM* NYD: Open at 10AM Easter Sunday: Closed Memorial Day: Close at 7PM* 4th of July: 10AM - 2PM* Labor Day: Close at 7PM* Veterans Day: Close at 7PM* Thanks Eve: Close at 7PM Thanks Day: 8AM - 2 PM* Xmas Eve: Close at 7PM* Xmas Day: Closed * - BJJ Open Mat
				Women's Jiu Jitsu 6:00 - 7:00 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	
Gi Jiu Jitsu 7:15 - 8:15 PM	Gi Jiu Jitsu 7:15 - 8:15 PM	Gi Jiu Jitsu 7:15 - 8:15 PM	Gi Jiu Jitsu 7:15 - 8:15 PM		