

Classes	Mon	Tues	Wed	Thurs	Fri	Sat
Machado Jujitsu	800pm	600pm	800pm	600pm		Open Mat 1100am
MMA		11-1230p 7-9pm		11-1230p 7-9pm		
No Gi Jujitsu		800p		800p		
Family Kickboxing	700pm		700p			
Kids MMA/BJJ 7-13yrs	600pm		600p			
Cub Club 4-6 yrs		530pm		530pm		
MMA Striking/ Muay Thai Kickboxing	700pm	700pm	700pm	700pm		
College Wrestling					7-9pm	
MMA Strength and Conditioning	500pm	11am	5pm	11am		