

Training Schedule

Left Gym

Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
	4:15-5:00 5-7 yrs Jiu-Jitsu		4:15-5:00 5-7 yrs Jiu-Jitsu			9:30-11:00 Kids Competition Team (Invite only)	9:30-10:15 4-6 yrs Circus (Mix)
5:00-5:45 7-12 yrs Circus Lv 1 (Acro & Aerial)	5:00-5:45 5-8 yrs Kickboxing	5:00-5:45 7-12 yrs Circus Lv 1 (Props)	5:00-5:45 5-8 yrs Kickboxing	5:00-5:45 4-6 yrs Circus (Mix)			10:15-11:00 7-12 yrs Circus Lv 1
5:45-6:30 6-10 yrs Jiu-Jitsu (Invite only)	5:45-6:30 9-13 yrs Kickboxing	5:45-6:30 6-10 yrs Jiu-Jitsu (Invite only)	5:45-6:30 9-13 yrs Kickboxing	5:45-6:30 5-7 yrs Jiu-Jitsu		11:00-12:00 16-Adult Kickboxing	11:00-12:00 7-12 yrs Circus Lv 2 (Mix)
6:30-7:15 6-9 yrs Jiu-Jitsu	6:30-7:30 14-Adult Kickboxing	6:30-7:15 6-9 yrs Jiu-Jitsu	6:30-7:30 14-Adult Kickboxing	6:30-7:15 7-12 yrs Circus Lv 1		12:00-1:00 Open Mat 16-Adult (Kickboxing & Jiu-Jitsu)	12:00-1:00 Circus Teens & Adults
7:15-8:00 7-12 yrs Circus Lv 2 (Acro & Aerial)	7:30-8:30 16-Adult Jiu-Jitsu	7:15-8:00 7-12 yrs Circus Lv 2 (Props)	7:30-8:30 16-Adult Jiu-Jitsu	7:15-8:00 7-12 yrs Circus Lv 2 (Acro & Aerial)			
8:00-9:00 Teen & Adult Circus	8:30- Open Mat	8:00-9:00 Teen & Adult Stretching & Pilates	8:30- Open Mat	8:00-9:00 Teen & Adult Circus		Birthday Parties & Special Events	Birthday Parties & Special Events

Right Gym

Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
4:30-5:00 3-4 yrs Jiu-Jitsu	4:30-5:00 3-4 yrs Jiu-Jitsu	4:30-5:00 3-4 yrs Jiu-Jitsu	4:30-5:00 3-4 yrs Jiu-Jitsu	4:30-5:00 3-4 yrs Jiu-Jitsu			
5:00-5:45 8-11 yrs Jiu-Jitsu	5:00-5:45 6-9 yrs Jiu-Jitsu	5:00-5:45 8-11 yrs Jiu-Jitsu	5:00-5:45 6-9 yrs Jiu-Jitsu	5:00-5:45 8-11 yrs Jiu-Jitsu			
5:45-6:30 5-7 yrs Jiu-Jitsu	5:45-6:30 10-14 yrs Jiu-Jitsu	5:45-6:30 5-7 yrs Jiu-Jitsu	5:45-6:30 10-14 yrs Jiu-Jitsu	5:45-6:45 10-15 yrs MMA (Adv)			
6:30-7:30 12-15 yrs Jiu-Jitsu	6:30-7:30 Women's Jiu-Jitsu	6:30-7:30 12-15 yrs Jiu-Jitsu	6:30-7:30 Women's Jiu-Jitsu	6:45-7:30 Restorative Yoga			
7:30-8:30 16-Adult Jiu-Jitsu	7:30-8:15 Yoga	7:30-8:30 16-Adult Jiu-Jitsu	7:30-8:15 Yoga	7:30-8:30 16-Adult MMA (Adv)			
8:30- Open Mat		8:30- Open Mat		8:30- Open Mat		Birthday Parties & Special Events	Birthday Parties & Special Events

Effective October 14, 2025