

Training Schedule

Left Gym

Monday	Tuesday	Wednesday	Thursday	Friday
	4:15-4:45 4-5 yr olds Kickboxing		4:15-4:45 4-5 yr olds Kickboxing	
4:30-5:15 8-11 yr olds Jiu-Jitsu (White+)	4:45-5:30 6-9 yr olds Kickboxing	4:30-5:15 8-11 yr olds Jiu-Jitsu (White+)	4:45-5:30 6-9 yr olds Kickboxing	4:30-5:15 8-11 yr olds Jiu-Jitsu (White+)
5:15-6:00 6-9 yr olds Jiu-Jitsu (Yellow+)	5:30-6:30 10-15 yr olds Kickboxing	5:15-6:00 6-9 yr olds Jiu-Jitsu (Yellow+)	5:30-6:30 10-15 yr olds Kickboxing	5:15-6:00 5-7 yr olds Jiu-Jitsu (White+)
6:00-7:00 Circus Arts Lv 1	6:30-7:30 16-Adult Kickboxing	6:00-7:00 Circus Arts Lv 1	6:30-7:30 16-Adult Kickboxing	6:00-7:00 Circus Arts Lv 1
7:00-8:00 Circus Arts Lv 2	7:30-8:30 16-Adult Jiu-Jitsu Fundamentals	7:00-8:00 Circus Arts Lv 2	7:30-8:30 16-Adult Jiu-Jitsu Fundamentals	7:00-8:00 Circus Arts Lv 2
8:00-9:00 Circus Arts Teen & Adult	8:30- Open Mat	8:00-9:00 Circus Arts Teen & Adult	8:30- Open Mat	8:00-9:00 Circus Arts Teen & Adult

Saturday	Sunday
9:00-10:00 16-Adult Jiu-Jitsu Fundamentals	9:30-10:15 4-6 yr old Circus Arts
10:00-11:30 Open Mat 16-Adult	10:15-11:15 Circus Arts Lv 1
11:30-1:00 Kids Competition Team	11:15-12:15 Circus Arts Lv 2
	12:15-1:15 Circus Arts Teen & Adult
Birthday Parties & Special Events	Birthday Parties & Special Events

Right Gym

Monday	Tuesday	Wednesday	Thursday	Friday
	4:30-5:00 3-4 yr olds Jiu-Jitsu		4:30-5:00 3-4 yr olds Jiu-Jitsu	
4:45-5:15 3-4 yr olds Jiu-Jitsu	5:00-5:45 5-7 yr olds Jiu-Jitsu (white+)	4:45-5:15 3-4 yr olds Jiu-Jitsu	5:00-5:45 5-7 yr olds Jiu-Jitsu (white+)	4:45-5:15 3-4 yr olds Jiu-Jitsu
5:15-6:00 5-7 yr olds Jiu-Jitsu (White+)	5:45-6:30 8-11 yr olds Jiu-Jitsu (white+)	5:15-6:00 5-7 yr olds Jiu-Jitsu (White+)	5:45-6:30 8-11 yr olds Jiu-Jitsu (white+)	Kids Yoga 5:15-5:45 (6-12 years)
6:00-6:55 10-15 yr olds Jiu-Jitsu (Yellow+)	6:30-7:15 11-15 yr olds Jiu-Jitsu (white+)	6:00-6:55 10-15 yr olds Jiu-Jitsu (Yellow+)	6:30-7:15 11-15 yr olds Jiu-Jitsu (white+)	5:45-6:40 10-15 yr olds MMA (Advanced)
7:00-7:30 Yoga (12-Adult)	7:15-8:15 Womens BJJ / Self-Defence	7:00-7:30 Yoga (12-Adult)	7:15-8:15 Womens BJJ / Self-Defence	Restorative Yoga 6:45-7:30 (12-Adult)
7:30-8:30 16-Adult Jiu-Jitsu 2 Stripe+	8:15-8:45 Yoga (12-Adult)	7:30-8:30 16-Adult Jiu-Jitsu 2 Stripe+	8:15-8:45 Yoga (12-Adult)	7:30-8:30 16-Adult Jiu-Jitsu / MMA 2 Stripe+
8:30- Open Mat		8:30- Open Mat		8:30- Open Mat

Saturday	Sunday
10:00-10:45 6-9 yr olds Weapons	Birthday Parties & Special Events
10:45-11:30 10-15 yr olds Weapons	
1:30-2:30 10-15 yr olds Adv Kickboxing	
2:30-3:30 16-Adult Adv Kickboxing	