

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult - Gi Noon - 1:00pm A.J.*		Adult - Gi 11:00am - Noon A.J.			Kids BJJ 10:30 -11:30 am Andy Kids Intermediate BJJ 11:30 am - 12:30 pm Andy	
	Elements (5 - 6 y/o)** 4:30 - 5:15 pm Rachel		Elements (5 - 6 y/o)** 4:30 - 5:15 pm Rachel			
Adult - Gi BJJ Basics / Open Mat 5:30 - 6:30 pm Nathan	Kids BJJ - Gi 5:30 - 6:30 pm Andy		Kids BJJ - Gi 5:30 - 6:30 pm Josh	Adult - Gi 5:30 - 6:30 pm Jeff	Judo / Open Mat 5:00 - 6:30 pm Jimmey	
Adult - Gi Blue & up (Lv 2) 6:30 -7:30 pm Jeff	Adult - No Gi Wrestling emphasis 6:30 - 7:30 pm Rainger	Adult - Gi 6:30 - 7:30 pm Jeff	Adult - No Gi 6:30 - 7:30 pm Josh	Adult Wrestling for BJJ 7:00 - 7:45 pm Chad MMA (invite only) 7:45 - 8:30 pm Chad		Jiu Jitsu + No Gi 6:45 - 8:15pm Andrew

** ELEMENTS program is designed to teach small children the basic movements and concepts of self-defense based Brazilian Jiu Jitsu without heavy emphasis on submissions.
 The foundation of the KIDS BJJ program. **STARTING SOON!**