



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 - 11am S&C	10:15 - 11:30am Adult BJJ All Levels		10:15 - 11:30am Adult BJJ All Levels		10:15 - 11:30am Drilling	10 - 11am Juniors No-Gi
Team Competition Training (Invite Only)	11:45 - 1pm Executive BJJ			11:45 - 1pm Executive BJJ		11am - 12pm Adult BJJ All Levels
	<b>Private Lessons Available By Appointment Only!</b>					
	5 - 5:30pm Little Champions	5 - 5:30pm Little Champions	5 - 5:30pm Little Champions			12 - 1pm Open Mat
	5:30 - 6:30pm Junior BJJ	5:30 - 6:30pm Junior BJJ	5:30 - 6:30pm Junior BJJ	5:30 - 6:30pm Junior No-Gi	5:30 - 6:30pm Teen BJJ	
	6:30 - 7:30pm Adult Beginner BJJ	6:30 - 7:30pm Adult No-Gi	6:30 - 7:30pm Adult Beginner BJJ	6:30 - 7:30pm Adult No-Gi	6:30 - 8:30pm Open Mat	
	7:30 - 8:30pm Adult Advanced BJJ		7:30 - 8:30pm Adult Advanced BJJ			

**Little Champions** - Ages 4-6. Introducing your child to the basics of Brazilian Jiu Jitsu while incorporating games and imagination! Your child will learn the 4 basic positions of BJJ; Mount, Side Control, Back Control, and Guard. In time, he or she will graduate to the Junior BJJ class! No submissions will be shown in this class.  
*3 classes/week; 12 classes/month*

**Junior BJJ** - Ages 7-12. Your child will learn the #1 form of self-defense and the awesome art of jiu-jitsu, all while having fun and learning respect and self-discipline! Involving wide ranges of positions and submissions, your child will be well prepared for any situation! Submissions will be taught in this class.  
*6 classes/week; 24 classes/month*

**Adult Beginner BJJ** - Great for every skill level! Learn the "gentle art" of Jiu-jitsu for competition, self-defense or to just have fun! No experience needed. Classes will help you get trim, firm up and feel great! Increase self-confidence, build or tone muscle, lose weight all while learning the best form of martial arts! Offering affordable tuition, expert, world class instruction and convenient class times.  
*7 classes/week; 28 classes/month*

**Strength & Conditioning** - This class is great for anyone. Whether you want to get ripped or just have fun, this class is for you! Train like the pros without the contact. Take out all of your aggression during your high intensity workout! No experience is needed!  
*1 class/week*