

## Adult Schedule

**Sunday** 10:00a Womens Jiu Jitsu (NOGI)  
 10:00a Open Mat  
 11:00a Muay Thai Kickboxing

**Monday** 6:00a BJJ Fundamentals  
 11:30a NOGI All Levels  
 6:45p BJJ Fundamentals  
 7:45p BJJ Open Mat  
 7:45p Women's Self Defense

**Tuesday** 6:00a NOGI Fundamentals  
 6:45p NOGI All Levels  
 8:45p Muay Thai Kickboxing

**Wednesday** 6:00a Muay Thai Kickboxing & Open Mat  
 11:30a NOGI All Levels  
 6:45p NOGI (Intermediate)

**Thursday** 6:00a BJJ Fundamentals  
 6:45p BJJ 101 (Fundamentals)  
 6:45p NOGI (Intermediate)

**Friday** 6:00a BJJ Fundamentals  
 11:30a NOGI All Levels  
 6:45p FREE ROLL FRIDAY [open mat]

**Saturday** 8:30a Family Jiu Jitsu  
 10:00a NOGI All Levels

## Kids Schedule

**Monday** 5:00p Lion Cubs  
 5:30p Kids (5-8) BJJ  
 6:00p Kids (8+) BJJ

**Tuesday** 5:00p Striking (3+ stripes required)  
 5:45p Advanced Kids NOGI (gray belt+)

**Wednesday** 5:00p Lion Cubs  
 5:30p Kids (5-8) BJJ  
 6:00p Kids (8+) BJJ

**Thursday** 5:30p Kids (5-8) BJJ  
 6:00p Kids (8+) BJJ

**Friday** 5:00p Lion Cubs  
 5:30p Kids (5-8) BJJ  
 6:00p Kids (8+) BJJ

**Saturday** 8:30a Family Jiu Jitsu  
 9:15a Kids NOGI

*Ask us about Private Lessons, Birthday Parties, Summer Camps, Parents' Night Outs, Private Group Training Sessions, and Group Fundraisers!*