

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Private	Private	Private	Private	Private	Advanced Jiu Jitsu	Private
9:15-	Private	Private	Private	Private	Private	Little Champs	Private
10am	Private	Private	Private	Private	Private	Taekwondo	Private
11am	Private	Private	Private	Private	Private	Jiu-Jitsu	Private
3pm-	After School Program	After School Program	After School Program	After School Program	After School	Private	Private
4pm-5pm	Advanced Jiu Jitsu	After School Program	After School Program	After School Program	After School Program	MMA: 4-6pm Mixed Martial Arts	Private
5pm/5:15 pm-5:45pm	GJJ Reflex Development	Little Champs	Cardio Fitness Kickboxing	Advanced Jiu Jitsu 5-6pm MMA 5-7pm	Private	MMA: 4-6pm Mixed Martial Arts	Private
6pm-7pm	Jiu Jitsu 6pm-7pm MMA 5pm-8pm	Taekwondo	Taekwondo	Jiu-Jitsu	Private	Private	Private
7pm-8pm	MMA & Sogo Ryu Bujutsu Self Defense	Women Empowered	MMA 7pm-9pm	Women Empowered	Private	Private	Private