



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:10AM- 9AM						BLACK BELT NO GI
9AM - 9:50 AM						KIDS & JUNIORS NO GI
10AM- 10:50AM				BLACK BELT GI		KIDS MUAYTHAI
11AM - 11:50AM		ADULTS GI		ADULTS GI		ADULTS MUAYTHAI
12PM - 12:50PM		ADULTS MUAYTHAI		ADULTS MUAYTHAI		ADULTS GI
4PM - 4:50PM	KIDS GI	KIDS MUAYTHAI	KIDS NO GI	KIDS MUAYTHAI	BLACK BELT GI	
5PM - 5:50PM	JUNIORS GI	KIDS GI	JUNIORS NO GI	KIDS GI	KIDS & JUNIORS GI	
6PM - 6:50PM	ADULTS GI	JUNIORS GI	ADULTS GI	JUNIORS GI	ADULTS NO GI	
7PM - 7:50PM	ADULTS STRIKING	ADULTS GI	ADULTS STRIKING	ADULTS GI		
8PM - 8:50PM		ADULTS MUAYTHAI		ADULTS MUAYTHAI		
KIDS JJ	4 TO 7 YO	ALL LEVELS				
JUNIORS JJ	8 TO 13 YO	ALL LEVELS				
ADULTS JIU JITSU	14 YO & OVER	ALL LEVELS				
STRIKING	14 YO & OVER	ALL LEVELS				
KIDS MUAYTHAI	5 YO TO 13 YO	ALL LEVELS				
ADULTS MUAYTHAI	14 YO & OVER	ALL LEVELS				
BLACK BELT JJ	ADVANCED KIDS	SPECIAL PROGRAM				

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