



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga 9:30-10:30am	Yoga 8:00-9:00am	Yoga 8:00-9:00am		Yoga 9:00-10:00am
Yoga 1:00-02:00pm		All Levels BJJ 10:00-11:00am		All Levels BJJ 10:00-11:00am	Junior Basic All Ages 10:15-11:00am
Junior Basic Ages 9-13 years old 4:00-4:45pm	Junior Advanced Ages 9-13 years old 4:15-5:00pm	Junior Basic Ages 9-13 years old 4:00-4:45pm	Junior Advanced Ages 9-13 years old 4:15-5:00pm	Junior Basic Ages 9-13 years old 4:00-4:45pm	Junior Advanced Ages 9-13 years old 11:00-11:45am
Junior Basic Ages 5-8 years old 4:45-5:30pm	Junior Advanced Ages 5-8 years old 5:00-5:45pm	Junior Basic Ages 5-8 years old 4:45-5:30pm	Junior Advanced Ages 5-8 years old 5:00-5:45pm	Junior Basic Ages 5-8 years old 4:45-5:30pm	Cardio Kick Boxing 11:45-12:30pm
Junior Advanced Ages 9-13 years old 5:30-6:15pm	Cardio Fitness 6:00-6:45pm	Junior Advanced Ages 9-13 years old 5:30-6:15pm	Cardio Fitness 6:00-6:45pm	Junior Adv. Sparring Ages 9-13 years old 5:30-6:15pm	Basic Jiu-Jitsu 12:30-1:30pm
Yoga 6:15-7:15pm	Basic Jiu-Jitsu 6:45-7:45pm	Cardio Kickboxing 6:15-7:15pm	Basic Jiu-Jitsu 6:45-7:45pm	Restorative Yoga 6:30-7:15pm	No Gi Jiu-Jitsu 1:30-2:30pm
Basic Jiu-Jitsu 7:30-8:30pm	Advanced Jiu-Jitsu 7:45-8:45pm	Yoga 7:15-8:15pm	No Gi Jiu-Jitsu 7:45-8:45pm	Cardio Kickboxing 7:30-8:30pm	
Advanced Jiu-Jitsu 8:30-9:30pm	Randori 8:45-9:30pm	All Levels Jiu-Jitsu 8:30-9:30pm	No Gi Randori 8:45-9:30pm	Basic Jiu-Jitsu 8:30-9:30pm	SUNDAY
					Community Yoga 1st Sunday every Month 10:00 - 11:00am