

**CLASS SCHEDULE MAT 1  
EFFECTIVE JULY 6, 2009**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:00AM**		BJJ (NO GI)		BJJ (NO GI)			C L O S E D
9:30-10:45AM	BJJ (GI)		BJJ (NO GI)		BJJ (GI)		
10:30-12:00PM						BJJ (NO GI)	
12:00-1:15PM						OPEN MAT (NO GI)	
5:30-6:30PM	JUDO (GI)	MUAY THAI KICKBOXING	BJJ (GI)	JUDO (NO GI)	MUAY THAI KICKBOXING		
6:30-7:45PM	BJJ (GI)	BJJ (NO GI)	MUAY THAI KICKBOXING	BJJ (NO GI)	BJJ (GI)		
7:45-8:30PM	TOTAL BODY BOOT CAMP	TOTAL BODY BOOT CAMP	TOTAL BODY BOOT CAMP	TOTAL BODY BOOT CAMP	TOTAL BODY BOOT CAMP		

\*\*IF YOU PLAN TO ATTEND THE 5:30 AM CLASS, PLEASE CALL THE NIGHT BEFORE TO CONFIRM!

**CLASS SCHEDULE MAT 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00-1:15PM						VALE TUDO	
5:30-6:30PM		JUNIOR WARRIORS		JUNIOR WARRIORS			
7:45-8:30PM		VALE TUDO	BOXING	VALE TUDO			