

**CLASS SCHEDULE MAT 1
EFFECTIVE JUNE 6, 2011**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:00AM**							C L O S E D
8:30-9:45AM	BJJ (GI)		BJJ (NO GI)		BJJ (GI)	10:30-12:00 PM Beginner/ Advanced BJJ (NO GI)	
5:30-6:30PM	JUDO (GI)	WRESTLING	BJJ DRILLS	WRESTLING	KICK BOXING		
6:30-7:45PM	BJJ (GI)	BJJ (NO GI)	ADVANCED BJJ (Blue Belt & higher GI)	BJJ (NO GI)	BJJ (GI)		
7:45-8:45PM	MMA	BOXING	MMA	SPARRING/DRILLS	MMA		

CLASS SCHEDULE MAT 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30PM		JUNIOR WARRIORS		JUNIOR WARRIORS			
7:45-8:30PM			CAGE DRILLS				