

| Date            | Monday                               | Tuesday                | Wednesday                            | Thursday               | Friday                               | Saturday                                | Sunday |
|-----------------|--------------------------------------|------------------------|--------------------------------------|------------------------|--------------------------------------|---|--------|
| 6am – 7am       |                                      | All Levels BJJ         |                                      | All Levels BJJ         |                                      |   |        |
| 8:30am - 9:30am | Open for Private Class               | Open for Private Class | Open for Private Class               | Open for Private Class | Open for Private Class               | Open for Private Class                  |        |
| 9:30am -10:30am | Open for Private Class               | Open for Private Class | Open for Private Class               | Open for Private Class | Open for Private Class               | Women's Self Defense / Functional Class |        |
| 10:30am – 12pm  | Open for Private Class               | Open for Private Class | Open for Private Class               | Open for Private Class | Open for Private Class               |   |        |
| 11:00am - 12:30 |                                      |                        |                                      |                        |                                      | Adult BJJ Open Mat                      |        |
| 4pm – 4:45pm    | Little Lions Kids ( Up to 7yrs old ) |                        | Little Lions Kids ( Up to 7yrs old ) |                        | Little Lions Kids ( Up to 7yrs old ) |   |        |
| 4:45pm – 5:30   | Jr. Lions / Kids                     |                        | Jr. Lions / Kids                     |                        | Jr. Lions / Kids                     |   |        |
| 5:30pm – 6:30pm |                                      | Fundamentals BJJ       |                                      | Fundamentals BJJ       |                                      |   |        |
| 6pm – 7pm       |                                      |                        |                                      |                        | Fundamentals BJJ                     |   |        |
| 6pm – 7:30pm    | Advanced BJJ                         |                        | Advanced BJJ                         |                        |                                      |   |        |
| 6:30pm – 8pm    |                                      | Intermediate BJJ       |                                      | Intermediate BJJ       |                                      |   |        |
| 7pm – 7:30pm    |                                      |                        |                                      |                        | Sparring                             |   |        |