

**MONDAY
CLASSES**

**GI JIU-JITSU
DAWN PATROL
5:00 - 6:00AM**

**5 - 10 YRS
JU-KID-DO
5:00 - 5:55PM**

**ADULT 11+
GI JIU-JITSU
6:00 - 7:00PM
FREE ROLL
7:00 - 7:30PM**

**TUESDAY
CLASSES**

**AM-HIIT'S
8:00 - 8:30AM
KICK-BOXING
8:30 - 9:00AM
AM-HIIT'S
9:00 - 9:30AM**

**KICK-BOXING
9:30-10:00AM
KICK-BOXING
5:00 - 5:55PM**

**ADULT 11+
NO GI
JIU-JIUTSU
6:00 - 7:00PM**

**WEDNESDAY
CLASSES**

**GI JIU-JITSU
DAWN PATROL
5:00 - 6:00AM**

**5 - 10 YRS
JU-KID-DO
5:00 - 5:55PM**

**ADULT 11+
GI JIU-JITSU
6:00 - 7:00PM
FREE ROLL
7:00 - 7:30PM**

**THURSDAY
CLASSES**

**AM-HIIT'S
8:00 - 8:30AM
KICK-BOXING
8:30 - 9:00AM
AM-HIIT'S
9:00 - 9:30AM**

**KICK-BOXING
9:30-10:00AM
KICK-BOXING
5:00 - 5:55PM**

**ADULT 11+
NO GI
JIU-JIUTSU
6:00 - 7:00PM**

**FRIDAY
ROUNDS ONLY**

***KICK-BOXING*
4:30 - 5:00PM**

**GI/NO GI JIU-JITSU
5:00 - 5:30PM**

**SATURDAY
ROLL-TON**

**GI JIU-JITSU
8:30-10:30AM**

SUNDAY

PRIVATE LESSONS

