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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8 am	Open Mat	Open Mat	Open Mat	Open Mat			
9-10 am						Women's Only BJJ	
10-11 am						Kids Competition BJJ	
11-12 pm						Open Mat	
12-1 pm	Open Mat	Open Mat	Open Mat	Open Mat		Open Mat	
2-3 pm							Combat Sambo
530-630 pm	Kids BJJ (GI)	Kids BJJ (GI)		Kids BJJ (NO-GI)	Kids BJJ (NO-GI)		
6-7 pm			Adult JUDO				
630-730 pm	Adult BJJ Fundamentals (GI)	Adult BJJ Fundamentals (GI)		Submission Wrestling	Submission Wrestling		
730-830 pm	Advanced BJJ	Advanced BJJ		PRO BJJ	Coming Soon King Of The Open Mat (Every 2 Weeks)		