

Training Schedule (Effective Sept. 1, 2024)

Left Gym

Monday	Tuesday	Wednesday	Thursday	Friday
	4:15-4:45 4-5 yr olds Kickboxing		4:15-4:45 4-5 yr olds Kickboxing	
4:30-5:15 8-11 yr olds Jiu-Jitsu (White+)	4:45-5:30 6-9 yr olds Kickboxing	4:30-5:15 8-11 yr olds Jiu-Jitsu (White+)	4:45-5:30 6-9 yr olds Kickboxing	4:30-5:15 8-11 yr olds Jiu-Jitsu (White+)
5:15-6:00 5-7 yr olds Jiu-Jitsu (White+)	5:30-6:30 10-15 yr olds Kickboxing	5:15-6:00 5-7 yr olds Jiu-Jitsu (White+)	5:30-6:30 10-15 yr olds Kickboxing	5:15-6:00 5-7 yr olds Jiu-Jitsu (White+)
6:00-7:00 Circus Arts Lv 1	6:30-7:30 16-Adult Kickboxing	6:00-7:00 Circus Arts Lv 1	6:30-7:30 16-Adult Kickboxing	6:00-7:00 Circus Arts Lv 1
7:00-8:00 Circus Arts Lv 2	7:30-8:30 16-Adult Jiu-Jitsu (1 Stripe+)	7:00-8:00 Circus Arts Lv 2	7:30-8:30 16-Adult Jiu-Jitsu (1 Stripe+)	7:00-8:00 Circus Arts Lv 2
8:00-9:00 Circus Arts Teen & Adult	8:30- Open Mat	8:00-9:00 Circus Arts Teen & Adult	8:30- Open Mat	8:00-9:00 Circus Arts Teen & Adult

Saturday	Sunday
	9:30-10:15 4-6 yr old Circus Arts
10:15-12:15 Open Mat 16-Adult	10:15-11:15 Circus Arts Lv 1
	11:15-12:15 Circus Arts Lv 2
	12:15-1:15 Circus Arts Teen & Adult
Birthday Parties & Special Events	
	Birthday Parties & Special Events

Right Gym

Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:30am Yoga		5:30-6:30am Yoga		5:30-6:30am Yoga
7:00-8:00am Yoga		7:00-8:00am Yoga		7:00-8:00am Yoga
	4:30-5:00 3-4 yr olds Jiu-Jitsu		4:30-5:00 3-4 yr olds Jiu-Jitsu	
4:45-5:15 3-4 yr olds Jiu-Jitsu	5:00-5:45 5-7 yr olds Jiu-Jitsu (white+)	4:45-5:15 3-4 yr olds Jiu-Jitsu	5:00-5:45 5-7 yr olds Jiu-Jitsu (white+)	4:45-5:15 3-4 yr olds Jiu-Jitsu
5:15-6:00 6-9 yr olds Jiu-Jitsu (Yellow+)	5:45-6:30 8-11 yr olds Jiu-Jitsu (white+)	5:15-6:00 6-9 yr olds Jiu-Jitsu (Yellow+)	5:45-6:30 8-11 yr olds Jiu-Jitsu (white+)	
6:00-7:00 10-15 yr olds Jiu-Jitsu (Yellow+)	6:30-7:30 11-15 yr olds Jiu-Jitsu (white+)	6:00-7:00 10-15 yr olds Jiu-Jitsu (Yellow+)	6:30-7:30 11-15 yr olds Jiu-Jitsu (white+)	5:30-7:00 Kids Competition Team
7:00-7:45 16-Adult Jiu-Jitsu Fundamentals		7:00-7:45 16-Adult Jiu-Jitsu Fundamentals		7:00-7:45 16-Adult Jiu-Jitsu Fundamentals (Women Only)
7:45-8:30 16-Adult Jiu-Jitsu (1 Stripe+)	7:45-8:45 Yoga	7:45-8:30 16-Adult Jiu-Jitsu (1 Stripe+)	7:45-8:45 Yoga	7:45-8:30 16-Adult Jiu-Jitsu (1 Stripe+)
8:30- Open Mat		8:30- Open Mat		8:30- Open Mat

Saturday	Sunday
	Birthday Parties & Special Events
9:30-10:15 16-Adult Weapon	
10:15-11:00 5-7 yr old Weapons	
11:00-11:45 8-11 yr old Weapons	
11:45-12:30 11-15 yr old Weapons	
Birthday Parties & Special Events	