

# 2023 Schedule

	Mon	Tue	Wed	Thu	Fri	Sat		Sun
12 -1 pm	BJJ-Gi	Muay Thai	BJJ-Gi	Muay Thai		10 – 11 am	Kids	
5 - 6 pm	Kids-BJJ	Kids	BJJ-No Gi	Kids-MT		11 – 12 pm	BJJ-Gi	
6 - 7 pm	BJJ-No Gi Cardio KB	Muay Thai	Wrestling	Muay Thai	BJJ-No Gi Cardio KB	12 – 1 pm	BJJ-No Gi Women-MT	
7 - 8 pm	Muay Thai	BJJ-No Gi Cardio KB	Muay Thai	BJJ-No Gi Cardio KB	Muay Thai	1 – 2 pm	Muay Thai	Open Mat
8 – 8:30 pm	Sparring	Open Mat	Sparring	Open Mat	Sparring	2 – 2:30 pm	Sparring	