

## Schedule as of May 18th, 2024, to present

### **Monday:**

530 pm MMA

630 pm NoGi BJJ

730 pm Muay Thai fundamentals

### **Tuesday:**

530 pm Kids

630 pm NoGi BJJ

630 pm Kung Fu

### **Wednesday:**

530 pm Kids

630-7 pm Muay Thai Combos

7 pm Gi BJJ fundamentals

### **Thursday:**

530 pm Kids

630 pm Muay Thai

630 pm Kung Fu

730 pm Gi BJJ

### **Friday:**

530 pm Gi/No Gi BJJ

630 pm Open Mat

### **Saturday:**

830 am. Kung Fu

930 am Gi/No Gi BJJ

11 am Open Mat

### **Sunday:**

930 am Open BJJ

