

**Basic Classes**

**ADULT SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>OPEN GYM 10AM</b>		<b>OPEN GYM 10AM</b>		<b>OPEN GYM 9AM</b>
	<b>ALL LEVELS</b> Thai Kickboxing 10AM-11AM		<b>ALL LEVELS</b> Thai Kickboxing 10AM-11AM		<b>ALL LEVELS</b> Thai Kickboxing 10AM-11AM
	<b>ALL LEVELS</b> Brazilian Jiu-Jitsu 11AM-1230PM		<b>ALL LEVELS</b> Brazilian Jiu-Jitsu 11AM-1230PM		<b>ALL LEVELS</b> Brazilian Jiu-Jitsu 11AM-1230PM
<b>OPEN GYM NOON</b>		<b>OPEN GYM NOON</b>		<b>OPEN GYM 3PM</b>	
<b>ALL LEVELS</b> Thai Kickboxing 6pm-7pm	<b>KRAV MAGA</b> 2nd Floor 6pm-7pm	<b>ALL LEVELS MMA</b> 6pm-7pm	<b>KRAV MAGA</b> 2nd Floor 6pm-7pm	<b>ALL LEVELS</b> Thai Kickboxing 6PM-7PM	<b>CLOSED GYM 2PM</b>
<b>KRAV MAGA</b> 2nd Floor 7pm-8pm	<b>Basic BJJ</b> 1st Floor 7pm-8pm	<b>Basic Thai</b> 1st Floor 7pm-8pm	<b>Adv Thai</b> 2nd Floor 7pm-8pm	<b>ALL LEVELS</b> Thai Kickboxing 7pm-8pm	<b>Basic Thai</b> 1st Floor 7pm-8pm
	<b>Adv Thai</b> 2nd Floor 7pm-8pm	<b>ALL LEVELS</b> Thai Kickboxing 7pm-8pm	<b>Basic Thai</b> 1st Floor 7pm-8pm	<b>Adv Thai</b> 2nd Floor 7pm-8pm	<b>CLOSED GYM 7PM</b>
	<b>Basic BJJ</b> 1st Floor 8pm-9pm	<b>Adv BJJ</b> 2nd Floor 8pm-930pm	<b>Adv. No Gi</b> Submission Wrestling 8pm-930pm	<b>Basic BJJ</b> 1st Floor 8pm-9pm	<b>Adv BJJ</b> 2nd Floor 8pm-930pm
<b>CLOSED GYM 930PM</b>					