



GROUND DWELLERS SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-7 AM	GI Jiu-Jitsu 16+	NO-GI Jiu-Jitsu 16+	GI Jiu-Jitsu 16+	NO-GI Jiu-Jitsu 16+	GI Jiu-Jitsu 16+	-
9-10 AM	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	-
10-11 AM	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	-
11 AM-12 PM	GI Jiu-Jitsu 16+	GI Jiu-Jitsu 16+	GI Jiu-Jitsu 16+	NO-GI Jiu-Jitsu 16+	GI / NOGI Jiu-Jitsu 16+	OPEN MAT
11-1 PM						OPEN MAT
5:30-6:30 PM	GI KIDS JIU-JITSU AGES 6+	GI KIDS JIU-JITSU AGES 6+	GI KIDS JIU-JITSU AGES 6+	GI KIDS JIU-JITSU AGES 6+	NOGI KIDS JIU-JITSU AGES 6+	
6-6:30 PM	KIDS JUMPSTART AGES 4-5		KIDS JUMPSTART AGES 4-5			
6:30-7:30 PM	GI Jiu-Jitsu 16+	GI Jiu-Jitsu 16+ MMA	GI Jiu-Jitsu 16+ MMA	NOGI Jiu-Jitsu 16+ MMA		
7-8 PM		SPAR ONLY GI/NOGI Jiu-Jitsu				
7:30-8:30 PM	Judo		Judo			
8-9 PM		Bahala Na		Bahala Na		