

Day Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Muay Thai: Fundamentals (5 PM - 6 PM)</p> <p>Muay Thai: Fundamentals (6 PM - 7 PM)</p> <p>Brazilian Jiu-Jitsu: Fundamentals (7 PM - 8 PM)</p> <p>Brazilian Jiu-Jitsu: Fundamentals (8 PM - 9 PM)</p> <p>Open Mat (9:30 PM)</p>	<p>Muay Thai: Mixed Levels (6 PM - 7 PM)</p> <p>Brazilian Jiu-Jitsu: No-Gi (7 PM - 9 PM)</p>	<p>Muay Thai: Fundamentals (5 PM - 6 PM)</p> <p>Muay Thai: Fundamentals (6 PM - 7 PM)</p> <p>Brazilian Jiu-Jitsu: Fundamentals (7 PM - 8 PM)</p> <p>Brazilian Jiu-Jitsu: Fundamentals (8 PM - 9 PM)</p> <p>BJJ: Open Mat (9 PM - 9:30 PM)</p>	<p>Muay Thai: Mixed Levels (6 PM - 7 PM)</p> <p>Brazilian Jiu-Jitsu: Advanced Gi (7 PM - 9 PM)</p>	<p>Muay Thai: Mixed Levels (6 PM - 7 PM)</p> <p>Brazilian Jiu-Jitsu: Mixed Levels (7 PM - 9 PM)</p>	<p>Yoga (10:00 AM - 10:50 AM)</p> <p>Muay Thai: Mixed Levels (11 AM - 12 PM)</p> <p>Brazilian Jiu-Jitsu: Mixed Levels (12 PM - 2 PM)</p>