

**New Schedule-
Effective 4-01-2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		MMA Fitness 10:00-11:00 George Pascal				
	Adult NoGi AJJ 12:00-1:00 Brendan Bane	Adult JiuJitsu Gi 12:00-1:00 Joe Hagins	AJJ JiuJitsu NoGi 12:00-1:00 Clem Shields	Adult JiuJitsu Gi 12:00-1:00 Joe Hagins		
	Kids JiuJitsu ages 3.5-5 3:30-4:00 Gustavo	Kids JiuJitsu ages 3.5-5 3:30-4:00 Gustavo	Kids JiuJitsu ages 3.5-5 3:30-4:00 Gustavo	Kids JiuJitsu ages 3.5-5 3:30-4:00 Gustavo		Kids JiuJitsu (3.5-5) 10:00-10:30 (6 and up) 10:00-11:30 Denise Henry
	Kids JiuJitsu ages 6-8 4:00-4:50 Gustavo	Kids JiuJitsu ages 6+ 4:00-4:50 Gustavo	Kids JiuJitsu ages 6-8 4:00-4:50 Gustavo	Kids JiuJitsu ages 6+ 4:00-4:50 Gustavo		Adult Gi Judo & BJJ All Levels 11:30-12:30 Christopher Bradford
	Kids JiuJitsu ages 9+ 5:00-6:00 Matt Vollers Youth Kickboxing 5:30-6:00 Jordan Dodge		Kids JiuJitsu ages 9+ 5:00-6:00 Matt Vollers	Youth Kickboxing ages 9+ 5:00-6:00 Jordan Dodge	Youth NoGi ages 9+ 5:00-6:00 Denise & Julian	
	Adult JiuJitsu Gi 6:00-7:00 101 - Matt Int/Adv - Simone	Adult JiuJitsu Gi 6: 00-7:00 Gustavo	Adult JiuJitsu Gi 6:00-7:00 101 - Matt Int/Adv - Clem		Adult Gi JiuJitsu 6:00-7:00 All Levels Gustavo	Open Mat 4:00-6:00
	Boxing 7:00-8:00 George Pascal	Adult No-Gi AJJ 7: 00-8:30 Clem	Boxing 7:00-8:00 George Pascal	Adult NoGi AJJ 7:00-8:30 All Levels Joe Hagins		