MODIFIED PHASE 3. SCHEDULE 9/1-10/15

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30-7:15AM	Fitnes		Fitness		Fitness		
8-9:00AM				Yoga			
8:30-9:30AM			Striking		Striking		
10-10:45AM							Yoga
10-10:45AM						BJJ Teens/Adults No GI	Kids BJJ GI (4-7)
11-11:45AM						Heavy Bag Class	BJJ Teens/Adults GI
11-11:45AM						Mobility	
12:30-1:15PM		BJJ Teens/Adults No GI			BJJ Teens/Adults GI		
5:45-6:30PM	Kids BJJ GI (4-7)	Kids BJJ 8-12 Gi	Kids BJJ GI (4-7)	Kids BJJ 8-12 Gi			
5:45-6:30PM	Fitness		Fitness				
7-7:45PM	Striking		Striking				
7-7:45PM		BJJ Teens/Adults GI		BJJ Teens/Adults GI			

CLASS TYPE
Indoor Class- no contact
Outdoor Class- contact
Outdoor Class- no contact

Gym Available For Open Training Groups

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30-7:15AM							
9-9:45AM							
10-10:45AM							
11-11:45AM							
5:45-6:30PM							
6:45-7:30PM							