

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 pm – Open Mat APPT ONLY	12:00 pm - Brazilian Jiu-Jitsu / Combat	12:00 pm – Open Mat APPT ONLY	12:00 pm - Brazilian Jiu-Jitsu / Combat	6:00 pm - Aikido	9:00 am - Brazilian Jiu-Jitsu
4:30 pm - Beginner Kids TKD		6:00 pm – Aikido	4:30 pm - Beginner Kids TKD	6:15 pm Grapple/Judo Kids	10.00 am Adult TKD Open
5:15 pm – Kids TKD		7:00 pm - Adult TKD	5:15 pm - Kids TKD	5:15 pm - Kids TKD	11:00 am Kids TKD
5:30 pm – Aiki do	6:15 pm – Master Karate / TKD	8:00 pm - Brazilian Jiu- Jitsu	6:15 pm – Cardio <i>Kickboxing</i> NEW!	7:00 pm – Full Contact Brazilian Jiu- Jitsu *	12:00 pm Weapons Class *By Appt
6:15 pm Grapple/Judo Kids	7:15 pm - Brazilian Jiu-Jitsu	6:15 pm Grapple/Judo Kids	7:15 pm – Brazilian Jiu-Jitsu		8:00 am – Cardio <i>Kickboxing</i> NEW!
7:00 pm – Adult TKD			8:30 pm – CTS-BJJ Instructors		9:00 am Grapple/Judo Kids
8:00 pm - Brazilian Jiu-Jitsu					SUNDAY
					11:00 am - Brazilian Jiu-Jitsu / Combat