

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Private Training (1:00pm-5:00pm)	Private Training (1:00pm-5:00pm)	Private Training (1:00pm-5:00pm)	Private Training (1:00pm-5:00pm)	Private Training (1:00pm-5:00pm)		Judo (3:00pm-4:00pm)
						BJJ (4:00pm-5:00pm)
			Wrestling (6:00pm-7:00pm)	Open Mat (6:00pm-7:00pm)		
BJJ (7:00pm-8:00pm)	BJJ (7:00pm-8:00pm)	BJJ (7:00pm-8:00pm)	Nogi (7:00pm-8:00pm)			
				Sparring (7:30pm-8:30pm)		