

MONDAY

No Classes

TUESDAY

Striking	6:30-7:50am	Gabe
IOC Youth	4:00-5:00pm	Izzy
Jiu Jitsu	5:00-6:20pm	Izzy
Striking	6:30-7:50pm	Gabe

WEDNESDAY

Striking	5:00-6:20pm	Gabe
Jiu Jitsu	6:30-7:50pm	Izzy

THURSDAY

Jiu Jitsu	6:30-7:50am	Izzy
IOC Youth	4:00-5:00pm	Izzy
Jiu Jitsu	5:00-6:20pm	Izzy
Striking	6:30-7:50pm	Gabe

FRIDAY

No Classes

SATURDAY

No Classes

SUNDAY

No Classes