

## MONDAY

Jiu-Jitsu	5:30pm
Striking	6:30pm

## TUESDAY

Self Defense/MMA	4:30pm
Striking	5:30pm
Jiu-Jitsu	6:30pm

## WEDNESDAY

Jiu-Jitsu	5:30pm
Striking	6:30pm

## THURSDAY

Self Defense/MMA	4:30pm
Striking	5:30pm
Jiu-Jitsu	6:30pm

## FRIDAY

Jiu-Jitsu	5:30pm
Striking	6:30pm