

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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