

	Monday	Tuesday	Wednesday	Thursday
6:15 AM		Morning Judo/BJJ		Morning Judo/BJJ
7:30:00 AM				
8:00:00 AM				
9:00:00 AM				
10:00:00 AM				
11:00:00 AM				
12:15:00 PM				
1:15:00 PM				
2:00:00 PM				
3:00:00 PM				
4:00:00 PM		Mamoru Minis Karate with Ryan	Rigby Judo/BJJ	Mamoru Minis Karate with Jared
5:00:00 PM	Mamoru Middles Judo/BJJ	Karate with Ryan	Mamoru Middles Judo/BJJ	Karate with Jared
6:00:00 PM	Adult Judo/BJJ	Rigby Fencing	Adult Judo/BJJ	Kids Fencing
7:00:00 PM				Muay Thai
7:30-8:00		No Gi Rolling with Roger	Fencing	
8:00:00 PM				Fencing
8:30:00 PM				
9:00:00 PM				
9:30:00 PM				

	Friday	Saturday
6:15 AM		
7:30:00 AM		Morning Judo/BJJ
8:00:00 AM		
9:00:00 AM		
10:00:00 AM		
11:00:00 AM		
12:15:00 PM		
1:15:00 PM		
2:00:00 PM		
3:00:00 PM		
4:00:00 PM	4:10 Mamoru Minis Judo/BJJ	Adult Judo/BJJ (4-5:30)
5:00:00 PM	Mamoru Middles Judo/BJJ	
6:00:00 PM	Adult Judo/BJJ	Rigby Fencing
7:00:00 PM		Karate/ MMA (5:30-6:30)
7:30-8:00	Fencing	
8:00:00 PM		
8:30:00 PM		
9:00:00 PM		
9:30:00 PM		

