



Monday	Mat A	Class	Coach	Mat B	Class	Coach	Upstairs	Class	Coach
	9-10A	NoGi	Roberto	5-530P	Cardio Kickboxing	Jake	7-7:30	Strength and Conditioning	Jake
	10-11A	MMA Striking	Roberto	530-630	MMA Drills and Skills	Caleb/Jake			
	12-1P	Gi	Roberto	630-730P	Beginner Gi	Roberto			
	5-6P	Kids BJJ	Michael						
	6-730P	Advanced NoGi	Cole						
Tuesday	Mat A	Class	Coach	Mat B	Class	Coach			
	9-10A	NoGi	Roberto	5-6P	NoGi Basics	Roberto			
	10-11A	MMA Striking	Roberto	6-7P	Adult wrestling (HS and up)	Ethan			
	12-1P	Gi	Roberto						
	5-6P	Adult kickboxing	Caleb (Tues) Jason (Thurs)						
	6-7P	Kids striking	Zeke						
	7-8:30P	Advanced Gi	Roberto						
Wednesday	Mat A	Class	Coach	Mat B	Class	Coach			
	9-10A	NoGi	Roberto	5-530P	Cardio Kickboxing	Jake			
	10-11A	MMA Striking	Roberto	5:30-6:00	Stretching and Plyo	Jake			
	12-1P	Gi	Roberto	6:15-7:45	MMA	Pat			
	5-6P	Kids BJJ	Michael	**MMA with Pat- Additional fee**					
	6-730P	Advanced NoGi	Cole						
	7:30-8:30	Beginner Gi	Roberto						
Thursday	Mat A	Class	Coach	Mat B	Class	Coach			
	9-10A	NoGi	Roberto	5-6P	NoGi Basics	Roberto			
	10-11A	MMA Striking	Roberto	6-7P	Adult wrestling (HS and up)	Ethan			
	12-1P	Gi	Roberto						
	5-6P	Adult kickboxing	Caleb (Tues) Jason (Thurs)						
	6-7P	Kids striking	Zeke						
	7-8:30P	Advanced Gi	Roberto						
Friday	Mat A	Class	Coach	Mat B	Class	Coach			
	5-6:30	MMA	Pat	5-6P	Open Mat	no coach			
MMA with Pat- Additional fee									
Saturday	Mat A	Class	Coach	Mat B	Class	Coach			
	9-10A	Adult kickboxing	Caleb	9-10A	Leg Locks	Cole			
	10-11A	Open Mat	no coach						