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		Brazilian Jiu-Jitsu 6:00AM  <small>BEGINNER FRIENDLY - FUNDAMENTALS / DRILLING</small>		Brazilian Jiu-Jitsu 6:00AM  <small>BEGINNER FRIENDLY - FUNDAMENTALS / DRILLING</small>	Brazilian Jiu-Jitsu 6:00AM  <small>FUNDAMENTALS / DRILLING</small>	
AM	KickFit / Boxing 6:00AM  	KickFit / Boxing 6:00AM  	KickFit / Boxing 6:00AM  	KickFit / Boxing 6:00AM  	KickFit / Boxing 6:00AM  	Brazilian Jiu-Jitsu 9:00AM  <small>BJJ DRILLS WOMANS - BEGINNER FRIENDLY</small>
	Boxing 8:00AM  <small>FIGHT DRILLS</small>	Boxing 8:00AM  <small>FIGHT DRILLS</small>	Boxing 8:00AM  <small>FIGHT DRILLS</small>	Boxing 8:00AM  <small>FIGHT DRILLS</small>	Boxing 8:00AM  <small>FIGHT DRILLS</small>	KickFit / KickCircuit 9:00AM  
	Kickboxing 9:00AM  <small>FIGHT DRILLS</small>	Kickboxing 9:00AM  <small>FIGHT DRILLS</small>	Kickboxing 9:00AM  <small>FIGHT DRILLS</small>	Kickboxing 9:00AM  <small>FIGHT DRILLS</small>	Kickboxing 9:00AM  <small>FIGHT DRILLS</small>	OPEN MAT 10:00AM 
	MMA 10:00AM  <small>FIGHTERS / EXPERIENCED ONLY</small>	MMA 10:00AM  <small>FIGHTERS / EXPERIENCED ONLY</small>	MMA 10:00AM  <small>FIGHTERS / EXPERIENCED ONLY</small>	MMA 10:00AM  <small>FIGHTERS / EXPERIENCED ONLY</small>	MMA 10:00AM  <small>FIGHTERS / EXPERIENCED ONLY</small>	Sparring 10:00AM  <small>INVITATION ONLY</small>
PM		Brazilian Jiu-Jitsu 12:00PM  <small>BEGINNER FRIENDLY - FUNDAMENTALS / DRILLING</small>		Brazilian Jiu-Jitsu 12:00PM  <small>BEGINNER FRIENDLY - FUNDAMENTALS / DRILLING</small>		
	MMA KIDS 4:30PM  <small>GROUND (KIDS ONLY / DURING SCHOOL TERM)</small>	MMA KIDS 4:30PM  <small>STAND UP (KIDS ONLY / DURING SCHOOL TERM)</small>	MMA KIDS 4:30PM  <small>GROUND (KIDS ONLY / DURING SCHOOL TERM)</small>	MMA KIDS 4:30PM  <small>STAND UP (KIDS ONLY / DURING SCHOOL TERM)</small>		
	KickFit 5:30PM 	KickFit 5:30PM 	Boxing 5:30PM 	KickFit 5:30PM 	Boxing 5:30PM 	
	Brazilian Jiu-Jitsu 5:30PM  <small>BEGINNER FRIENDLY</small>	Brazilian Jiu-Jitsu 5:30PM  <small>BEGINNER FRIENDLY - NO GI</small>	Brazilian Jiu-Jitsu 5:30PM  <small>BEGINNER FRIENDLY</small>	Brazilian Jiu-Jitsu 5:30PM  <small>BEGINNER FRIENDLY</small>	Brazilian Jiu-Jitsu 5:30PM  <small>BEGINNER FRIENDLY - NO GI</small>	
		KickStart 6:00PM  <small>BEGINNERS INTRODUCTION</small>		KickStart 6:00PM  <small>BEGINNERS INTRODUCTION</small>		
	Advanced Sparring 6:45PM 	KickTech 6:45PM 	KickCircuit 6:45PM 	KickTech 6:45PM 	Endurance 6:45PM 	
	Brazilian Jiu-Jitsu 6:45PM  <small>ADVANCED</small>	Wrestling 6:45PM  <small>ADVANCED</small>	Brazilian Jiu-Jitsu 6:45PM  <small>ADVANCED</small>	MMA 6:45PM  <small>BEGINNERS</small>	Brazilian Jiu-Jitsu 6:45PM  <small>MARATHON ROLL - ADVANCED</small>	