

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OPEN 6:00am	OPEN 6:00am	OPEN 6:00am	OPEN 6:00am		
	<b>MKG Fit</b> 6am-7am	<b>Brazilian Jiu Jitsu</b> 6am-7am	<b>MKG Fit</b> 6am-7am	<b>Brazilian Jiu Jitsu</b> 6am-7am		
	CLOSED 7:00am	CLOSED 7:00am	CLOSED 7:00am	CLOSED 7:00am		
OPEN 9:00am	OPEN 9:00am		OPEN 10:00am		OPEN 9:00am	OPEN 8:00am
<b>Yoga</b> 9:30am-10:30am  <b>Phase 1</b> 11am-12:30pm	<b>Grappling</b> 10am-11am  <b>Phase 1</b> 11am-12:30pm		<b>Phase 1</b> 11am-12:30pm		<b>Grappling</b> 10am-11am  <b>Phase 1</b> 11am-12:30pm	<b>Kali</b> 9am-10am  <b>Kids (7-11)</b> 10am-11am  <b>Women's Kickboxing</b> 10am-11am
CLOSED 1:00pm	CLOSED 1:00pm		CLOSED 1:00pm		CLOSED 1:00pm	<b>Phase 1</b> 10am-11:30am  <b>Kids (4-6)</b> 11am-11:30am  <b>Women's BJJ</b> 11am-12pm  <b>Phase 2</b> 11:30am-1pm  <b>Brazilian Jiu Jitsu</b> 12pm-1pm  <b>GHOST</b> 1pm-2pm
	OPEN 4:00pm	OPEN 4:00pm	OPEN 4:00pm	OPEN 4:00pm	OPEN 4:00pm	
	<b>Jun Fan/JKD</b> 5:30pm-7pm  <b>Women's BJJ</b> 5:45pm-6:45pm  <b>Thai Boxing</b> 7pm-8:30pm  <b>Brazilian Jiu Jitsu</b> 7pm-8:30pm	<b>Footwork</b> 4:30pm-5pm  <b>Filipino Boxing</b> 5pm-6pm  <b>Phase 1</b> 6pm-7:30pm  <b>Silat</b> 6pm-7:30pm  <b>Women's Kickboxing</b> 6:30pm-7:30pm  <b>Instructor Class</b> 7:30pm-8:30pm	<b>Jun Fan/JKD</b> 5pm-6pm  <b>Filipino Boxing</b> 6pm-7pm  <b>Kids (7-11)</b> 6pm-7pm  <b>Brazilian Jiu Jitsu</b> 6pm-7:00pm  <b>Thai Boxing</b> 7pm-8:30pm  <b>Phase 2</b> 7pm-8:00pm	<b>Filipino Boxing</b> 5pm-6pm  <b>BJJ Level 2</b> 6pm-7pm  <b>Phase 1</b> 6pm-7:30pm  <b>Brazilian Jiu Jitsu</b> 7pm-8pm  <b>Sensitivity Drills</b> 7:30pm-8:30pm	<b>Kali</b> 5pm-6pm  <b>Thai Boxing</b> 6pm-7:30pm  <b>Silat</b> 6pm-7:30pm	
	CLOSED 8:30pm	CLOSED 8:30pm	CLOSED 8:30pm	CLOSED 8:30pm	CLOSED 7:30pm	CLOSED 2:00pm

**Blue** = Start here!

**Green** = Beginners welcome

**Red** = Restricted