

	Rifle Range													
Time Slot	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	BJJ Area	Cageside	BJJ Area	Cageside	BJJ Area	Cageside	BJJ Area	Cageside	BJJ Area	Cageside	BJJ Area	Cageside	BJJ Area	Cageside
0700-0800	BJJ Gi 7am		BJJ NoGI 7am		BJJ Gi 7am				BJJ NoGI 7am					
0900-1000														Muay Thai Beginners 9am
1000-1100														Muay Thai Warriors Kids 10am
1100-1200														
1200-1300	BJJ NoGI 12noon	Muay Thai 12noon	BJJ Gi 12noon		BJJ NoGI 12noon	Muay Thai 12noon	BJJ Gi 12noon		BJJ NoGI 12noon	Muay Thai 12noon	BJJ Warrior Kids Competitive 12noon	MMA 12noon	BJJ Open Competitive rounds (Blue Belt and Above) 1130am	
												Boxing 130pm		
1700-1800		Muay Thai Warriors Kids 5pm		Muay Thai Warriors Kids 5pm						Muay Thai Warriors Kids 5pm				
1800-1830	BJJ NoGI 6pm	Boxing 6pm	BJJ NoGI 6pm	Boxing 6pm	BJJ Gi 6pm	Boxing 6pm	BJJ NoGI 6pm	Boxing 6pm	BJJ Nogi Beginners 6pm	Boxing 6pm				
1830-1900														
1900-1930	BJJ Gi 7pm	Muay Thai 7pm	BJJ Gi 7pm	Muay Thai 7pm	BJJ NoGI 7pm	Muay Thai 7pm	BJJ Gi 7pm	Muay Thai 7pm	BJJ Gi Beginners 7pm	Muay Thai Sparring 7pm				
1930-2000														
2030-2100	BJJ Drills and sparring all levels Gi and Nogi 8pm	MMA All Levels 8pm	BJJ Drills and sparring all levels Gi and Nogi 830pm	Boxing 8pm	BJJ Drills and sparring all levels Gi and Nogi 8pm	MMA All Levels 8pm	BJJ Drills and sparring all levels Gi and Nogi 830pm	Boxing 8pm	BJJ Drills and sparring all levels Gi and Nogi 8pm	MMA Beginners 8pm				