



Monday

6:15-7:30AM - Early Crew NoGi Class

9:00AM - Gi Good Morning JJ

5:30PM - Gi Fundamentals

6:30PM - Gi Technique & Drill

7:30PM - Gi Sparring

Tuesday

6:15-7:30AM - Early Crew Gi Class

9:00AM - NoGi Good Morning JJ

5:30PM - NoGi Fundamentals

6:30PM - NoGi Technique & Drill

7:30PM - NoGi Sparring

Wednesday

6:30-7:30AM - NoGi Competition Class

9:00AM - Gi Good Morning JJ

5:30PM - Gi Fundamentals

6:30PM - Gi Technique & Drill

7:30PM - Gi Sparring

Thursday

6:15-7:30AM - Early Crew Gi Class

9:00am - NoGi Good Morning JJ

5:30PM - NoGi Fundamentals

6:30PM - NoGi Technique & Drill

7:30PM - NoGi Sparring

Friday

6:15-7:30AM - Early Crew NoGi Class

9:00AM - Gi Good Morning JJ

6:30PM - Gi Fundamentals & Sparring

Saturday

10:30AM - Gi Fundamentals & Sparring

Sunday

9:00AM - NoGi Fundamentals & Sparring

11:30AM - Gi Women's Class