

Adult Martial Arts Schedule

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Morning</i>	Project Warrior 5:00am-6:00 (non-profit)	Competition Jiu-Jitsu 5:00am-6:00am	Project Warrior 5:00am-6:00 (non-profit)	No-GI Jiu-Jitsu Systems Class 5:00am-6:00am	Project Warrior 5:00am-6:00 (non-profit)	
		Jiu-Jitsu Fundamentals 6:00am -6:45		Jiu-Jitsu Fundamentals 6:00am -6:45		
<i>Noon</i>	Jiu-Jitsu Fundamentals 12:00pm-1:00		Jiu-Jitsu Fundamentals 12:00pm-1:00	No-GI Jiu Jitsu Systems Class 12:00pm-1:00	Open Mat/Rolling (Blue Belt+) 12:00pm-1:00	Boxing (And Open Mat) 12:00pm
<i>Evening</i>	No-GI Jiu-Jitsu 5:30pm-6:30		No-GI Jiu-Jitsu 5:30pm-6:30			
	Boxing 5:30pm-6:15	Jiu-Jitsu Fundamentals 5:45pm-6:45	Boxing 5:30pm-6:15	Jiu-Jitsu Fundamentals 5:45pm-6:45		
	Sparring 6:15pm-6:30	Open Mat/Rolling 6:45pm	Sparring 6:15pm-6:30	No-GI Jiu-Jitsu Systems Class 6:45pm		
	Kickboxing 6:30pm	MMA 6:45pm	Kickboxing 6:30pm			
	Open Mat/Rolling 6:30pm		Open Mat/Rolling 6:30pm			



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