



# CLASS SCHEDULE

## MONDAY

Beginners / Fundamentals BJJ (NOGI) with Bill  
11:30am-1pm

Beginners / Fundamentals BJJ (GI) with Matt  
5-6pm

Advanced GI BJJ with Robby  
6:30-8pm

## TUESDAY

BJJ Fundamentals with Steve  
7-8:30am

GI BJJ open mat with Paul  
12-1pm

Kids BJJ with Michael  
5-6pm

Advanced NOGI BJJ with Robby  
6:30-8pm

Muay Thai with Coach Nick  
8-9pm

## WEDNESDAY

Beginners / Fundamentals BJJ (GI) with Bill  
11:30am-1pm

Beginners / Fundamentals BJJ (NOGI) with Matt  
5-6pm

Advanced GI BJJ with Robby  
6:30-8pm

## THURSDAY

BJJ Fundamentals with Steve  
7-8:30am

NOGI BJJ open mat with Paul  
12-1pm

Kids BJJ with Michael  
5-6pm

Advanced NOGI BJJ with Robby  
6:30-8pm

Muay Thai with Coach Nick  
8-9pm

## FRIDAY

Beginners GI BJJ with Steve  
7-8:30pm

## SATURDAY

Muay Thai with Coach Nick  
10:30-11:30am

Beginners GI BJJ with Matt  
12-1:30pm

**\*\*No Classes Sunday**