



MATS DON'T LIE

Adults Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:30am		All Levels BJJ Gi		All Levels BJJ NoGi	Tentative Nogi Conditioning per announcement	
9:00 - 10:00am						White to Purple Fundamentals BJJ Gi
10:00 - 11:00am						
12:00 - 1:00pm		All Levels BJJ Gi		All Levels BJJ NoGi		
5:00 - 5:45pm	Women-Only Self Defense	Muay Thai/ Conditioning	Women-Only Self Defense	Muay Thai/ Conditioning		
6:00 - 7:00pm	All Levels BJJ NoGi	All Levels BJJ Gi	All Levels BJJ Gi	All Levels BJJ NoGi		
7:00pm till tap		Sparring BJJ	Sparring BJJ	Sparring BJJ	*OPEN MAT*	
7:30 - 8:30pm	Modern BJJ Gi & NoGi					

Open Mat is held every other Friday night & open to all affiliations.

Kids Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 5:45pm	Youth BJJ NoGi Ages 4 - 7	Youth BJJ Gi Ages 4 - 7	Youth BJJ Gi Ages 4 - 7	Youth BJJ NoGi Ages 4 - 7		
9:00 - 10:00am						Youth BJJ Gi Ages 14+ (age 10+ may come with a training partner)
5:00 - 5:45pm		Striking/ Muay Thai Ages 10+		Striking/ Muay Thai Ages 10+		
6:00 - 7:00pm	Youth BJJ NoGi Ages 8 - 12	Youth BJJ Gi Ages 8 - 12	Youth BJJ Gi Ages 8 - 12	Youth BJJ NoGi Ages 8 - 12		



OPEN MAT

All Affiliation Welcome
starts @ 7pm

May 3, 2024	July 12, 2024
May 17, 2024	July 26, 2024
May 31, 2024	August 9, 2024
June 14, 2024	August 23, 2024
June 28, 2024	September 6, 2024

WATCH PARTY/ BIBLE STUDY

The Chosen TV series
starts @ 5:45pm

May 3, 2024	July 19, 2024
May 17, 2024	August 2, 2024
May 24, 2024	August 16, 2024
June 7, 2024	August 30, 2024
June 21, 2024	September 13, 2024