

Adult Martial Arts Schedule

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Morning	No-Gi Jiu Jitsu 5:30am-6:15 (Project Warrior) <i>with McMillian</i>	Jiu-Jitsu Fundamentals 5:30am -6:15 <i>with McMillian</i>	No-Gi Jiu Jitsu 5:30am-6:15 (Project Warrior) <i>with McMillian</i>	Jiu-Jitsu Fundamentals 5:30am -6:15 <i>with McMillian</i>	Kickboxing 5:30am-6:15 (Project Warrior) <i>with McMillian</i>
Noon	Jiu-Jitsu Fundamentals 12:00pm-1:00 <i>with Brian</i>		Jiu-Jitsu Fundamentals 12:00pm-1:00 <i>with Brian</i>		Open Mat/Rolling 12:00pm-1:00
Evening	Boxing 6:15pm-7:00 <i>Mat B with Brian</i>	Beginner Jiu-Jitsu & Self Defense 5:30pm-6:15 <i>with Sharpie</i>	Boxing 6:15pm-7:00 <i>Mat B with Brian</i>	Beginner Jiu-Jitsu & Self Defense 5:30pm-6:15 <i>with Sharpie</i>	Boxing 5:30pm-6:30 <i>with Tim</i>
	Kickboxing 6:15pm-7:00 <i>Mat A with Howie</i>	Muay Thai 6:15pm-7:00 <i>with Brian</i>	Kickboxing 6:15pm-7:00 <i>Mat A with Howie</i>	Muay Thai 6:15pm-7:00 <i>with Brian</i>	
	No-Gi Jiu-Jitsu 7:00pm <i>with Brian</i>	Jiu-Jitsu Fundamentals 7:00pm-8:00 <i>with Brian</i>	No-Gi Jiu Jitsu 7:00pm <i>with Sharpie</i>	Jiu-Jitsu Fundamentals 7:00pm-8:00 <i>with Brian</i>	

Updated January 2025

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