

# Adult Martial Arts Schedule

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

Updated September 2024

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