

Adult Martial Arts Schedule

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

Updated January 2025
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479-204-2008

