

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2
5.30pm		Pro Team 5.30-6.30pm		Pro Team 5.30-6.30pm		Pro Team 5.30-6.30pm		Pro Team 5.30-6.30pm		
6.30pm	BJJ Elite 6.30-7.30pm	BJJ Adv 6.30-7.30pm	BJJ Fund 6.30-7.30pm		BJJ Elite 6.30-7.30pm	BJJ Adv 6.30-7.30pm	Wrestling 6.00-7.30pm	BJJ Fund 6.30-7.30pm		
7.30pm	BJJ Inter 7.30-8.30pm	BJJ Fund 7.30-8.30pm	BJJ Inter No GI 7.30-8.30pm	BJJ Adv No GI 7.30-8.30pm	BJJ Inter 7.30-8.30pm	BJJ Fund 7.30-8.30pm	BJJ Inter 7.30-8.30pm			
8.30pm	Gym Closed									

	Saturday	
	Area 1	Area 2
10.00am		BJJ Adv 10.00-11.00am
11.00am	BJJ Fund 11.15-12.15pm	BJJ Inter 11.15-12.15pm
12.00pm		
12.30pm	Gym Closed	