

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
830am						Premier Adults
930						Champions
10am		Adult Jiu-Jitsu		Adult Jiu-Jitsu		
1015am						Little Champions
1045am						Adult Jiu-Jitsu
12pm						Introductions
2-5pm						Birthday Parties
345pm		Little Champs	Champions	Little Champs	Demo Team	
4pm	Chuck Norris					
430	Champions	Little Champs BBC	Champions BBC	Little Champs BBC		
430	Champions BJJ	Champions BJJ		Champions BJJ		
445pm		Chuck Norris	Champions BJJ / MMA	Introductions	Champions	
515pm	BBC Champions	Champions	Chuck Norris	Champions	All Jiu-Jitsu	
530pm						
545pm	Little Champs		Little Champs			
6pm		BBC Champions		BBC Champions		
615pm	BBC Little Champs	Adult MMA	BBC Little Champs	Adult MMA		
630pm	Adult Jiu-Jitsu		Adult Jiu-Jitsu		Premier Adults	
7pm	Women's Cardio	Adult Jiu-Jitsu	Women's Cardio	Adult Jiu-Jitsu		
730pm	Premier Adults		Premier Adults			
8pm		Premier Adults		Premier Adults		
BBC+Black Belt Club	Little Champs 3-7 years		BEGINS MONDAY 10.24.16		Champions 8-13 years	