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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am-12:00pm Private Training	10:00am-12:00pm Private Training	10:00am-12:00pm Private Training	10:00am-12:00pm Private Training	10:00am-12:00pm Private Training	10:00am-12:00pm Strength and Conditioning
12:00pm-1:30pm Adult No-Gi Jiu-Jitsu	12:00pm-1:30pm Youth Beginners Brazilian Jiu-Jitsu	12:00pm-1:30pm Adult No-Gi Jiu-Jitsu	5:00pm-6:00pm Youth Beginners Brazilian Jiu-Jitsu	12:00pm-1:30pm Adult No-Gi Jiu-Jitsu	10:00am-12:00pm Adult Beginners Brazilian Jiu-Jitsu
4:30pm-5:30pm Private Training	6:00pm-7:30pm Adult Beginners Brazilian Jiu-Jitsu	4:30pm-5:30pm Private Training	6:00pm-7:30pm Adult Beginners Brazilian Jiu-Jitsu	4:30pm-5:30pm Private Training	12:00pm-1:00pm Private Training
12:00pm-1:30pm Youth Advanced Brazilian Jiu-Jitsu		5:30pm-7:00pm Youth Advanced Brazilian Jiu-Jitsu		5:30pm-6:30pm Mixed Martial Arts	
7:00pm-8:00pm Judo/Wrestling		7:00pm-8:00pm Judo/Wrestling		6:30pm-8:30pm Adult No-Gi Jiu-Jitsu	
8:00pm-9:30pm Adult Advanced Brazilian Jiu-Jitsu		8:00pm-9:30pm Adult Advanced Brazilian Jiu-Jitsu			