

WEEKDAY CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00PM	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)
4:30PM	KIDS ALL BELTS (45 MINS)	KIDS BEGINNERS (45 MINS)	KIDS ALL BELTS (45 MINS)	KIDS BEGINNERS (45 MINS)	
5:00PM					KIDS ALL BELTS (45 MINS)
5:15PM	PRODIGY PROGRAM (45 MINS)	KIDS INTERMEDIATE (45 MINS)		KIDS INTERMEDIATE (45 MINS)	
5:30PM			LITTLE CHEETAHS (30 MINS)		
5:45PM					LITTLE CHEETAHS (30 MINS)
6:00PM	KIDS BJJ (45 MINS)	KIDS BJJ (45 MINS)	KIDS BJJ (45 MINS)	KIDS BJJ (45 MINS)	
6:15PM					KIDS BJJ (45 MINS)
6:45PM	ADULTS BOXING (45 MINS)	ADULTS MMA (1 HOUR)	ADULTS BOXING (45 MINS)	ADULTS MMA (1 HOUR)	
7:00PM					OPEN MATS (1 HOUR)
7:30PM	ADULTS BJJ (1 HOUR)		ADULTS BJJ (1 HOUR)		
7:45PM		NO GI ADULTS BJJ (1 HOUR)		NO GI ADULTS BJJ (1 HOUR)	

SATURDAY CLASSES

TIME	SATURDAY
9:00AM	UFIT (40 MINS)
10:00AM	LITTLE CHEETAHS (30 MINS)
10:30AM	KIDS ALL BELTS (45 MINS)
11:15AM	KIDS BJJ (45 MINS)
12:00PM	PRODIGY PROGRAM (1 HOUR)
1:00PM	WEAPONS (40 MINS)

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