



PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am – 6:30 am		5:30 am – 6:30 am		5:30 am – 6:30 am	
	11:00 am – 12:00 pm	11:00 am – 12:00 pm	11:00 am – 12:00 pm		11:00 am – 12:00 pm	
	6:30 pm – 7:30 pm		6:30 pm – 7:30 pm	6:30 pm – 7:30 pm		
						
				11:00 am – 12:00 pm		
					6:30 pm – 7:30 pm	
		5:30 am – 7:00 am		5:30 am – 7:00 am		
	12:15 pm – 1:45 pm	12:15 pm – 1:45 pm	12:15 pm – 1:45 pm			
	7:30 pm – 9:00 pm		7:30 pm – 9:00 pm			
 Fundamentals						
				12:15 pm – 1:15 pm		
					7:30 pm – 8:30 pm	
		9:30 am – 10:30 am		9:30 am – 10:30 am		9:00 am – 10:00 am
		6:30 pm – 7:30 pm				
 Little Champs (Ages 5-7)						10:30 am – 11:15 am
		4:00 pm – 4:45 pm		4:00 pm – 4:45 pm		
 Junior Grapplers (Ages 8-13)						11:45 am – 12:45 pm
		5:15 pm – 6:15 pm	5:15 pm – 6:15 pm	5:15 pm – 6:15 pm		
 Junior Grapplers Advanced						
	4:00 pm – 5:00 pm		4:00 pm – 5:00 pm		4:00 pm – 5:00 pm	
						1:00 pm – 2:00 pm
	5:15 pm – 6:15 pm				5:15 pm – 6:15 pm	
 Mixed Movement Training						8:15 am – 8:45 am