

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STW Fitness 6:15am - 7:15am	Beginner BJJ 6:30am - 7:30am	STW Fitness 6:15am - 7:15am	Beginner BJJ 6:30am - 7:30am	STW Fitness 6:15am - 7:15am		
					STW Fitness 8:00am - 9:00am	
					BJJ Open Mat 9:30am - 11:30am	STW Fitness 9:00am - 10:00am
STW Fitness 12:00pm - 1:00pm		STW Fitness 12:00pm - 1:00pm			Muay Thai 11:30am - 12:30pm	
BJJ Open Mat 5:00pm - 6:30pm	STW Fitness 4:30pm - 5:30pm 5:30pm - 6:30pm	BJJ Open Mat 5:00pm - 6:30pm	STW Fitness 4:30pm - 5:30pm 5:30pm - 6:30pm	BJJ Open Mat 5:00pm - 7:00pm		
Kids BJJ Side A 5:45pm - 6:30pm	Advanced BJJ 6:30pm - 7:30pm	Kids BJJ Side A 5:45pm - 6:30pm	Advanced BJJ 6:30pm - 7:30pm	Intermediate BJJ Side A 6:00pm - 7:00pm		
Beginner BJJ 6:30pm - 7:30pm	BJJ Open Mat 7:30pm - 8:00pm	Beginner BJJ 6:30pm - 7:30pm	BJJ Open Mat 7:30pm - 8:00pm			
Muay Thai Conditioning 7:30pm - 8:15pm	Beginner BJJ Side A 8:00pm - 9:00pm	Muay Thai Conditioning 7:30pm - 8:15pm	Beginner BJJ Side A 8:00pm - 9:00pm			
Muay Thai Technique 8:15pm - 9:00pm	Muay Thai Fundamentals Side B 8:00pm - 9:00pm	Muay Thai Sparring 8:15pm - 9:00pm	Muay Thai Fundamentals Side B 8:00pm - 9:00pm			