

ELEVATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:00am-10:45am All Levels Gi	10:00am-11:00am Open Mat	10:00am-10:45am All Levels No-Gi	10:00-11:00am Open Mat	10:00am-10:45am All Levels Gi	10:00am-10:45am Kids (All Ages) No-Gi	
	10:45am-11:30am Randori Gi	11:00am-12:00pm Muay Thai	10:45am-11:30am Randori No-Gi	11:00am-12:00pm Muay Thai	10:45am-11:30am Randori Gi	11:00am-11:45am All Levels No-Gi	
	6:00pm-6:45pm All Levels Gi	5:00pm-5:45pm Kids (All Ages) Gi	6:00pm-6:45pm All Levels Gi	5:00pm-5:45pm Kids (All Ages) Gi		11:45am-12:30pm Randori No-Gi	11:00am-12:30pm Open Mat
	6:45pm-7:30pm Randori Gi	6:00pm-6:45pm All Levels No-Gi	6:45pm-7:30pm Randori Gi	6:00pm-6:45pm All Levels No-Gi		12:45pm-1:45pm Muay Thai	
	7:30pm-8:30pm Muay Thai	6:45pm-7:30pm Randori No-Gi	7:30pm-8:30pm Muay Thai	6:45pm-7:30pm Randori No-Gi	6:00pm-7:30pm Open Mat		
		7:30pm-8:30pm MMA Grappling		7:30pm-8:30pm MMA Striking			