

Current Adult Schedule

Monday

5:30-6:15PM - **Open Gym**

6:15-7:45PM - **Kali/JKD (IMA)**

7:45 - 8:15PM - **Study Group**

Tuesday

10:00-11:30AM - **Kali/JKD (IMA)**

6:15-7:15PM - **BJJ Basics**

7:20-8:20PM - **Muay Thai/Boxing**

Wednesday

5:30-6:15PM - **Open Gym**

6:15-7:45PM - **Kali/JKD (IMA)**

Thursday

10:00-11:30AM - **Kali/JKD (IMA)**

6:15-7:15PM - **Muay Thai/Boxing**

7:30-8:30PM - **BJJ**

Saturday

9:30-10:30AM - **Advanced Kali/JKD**

10:30-12:00PM - **Kali/JKD**

Sunday

9:30-10:30AM - **Brazilian Jui-Jitsu**