

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Kid Jitsu		5:30 - 6:30PM (Sean Dyer)		5:30 - 6:30PM (Sean Dyer)		10:00 - 11:00AM (Sean Dyer)	
Kid-Jitsu (Older kids)	5:30-6:30PM (Hamilton)		5:30-6:30PM (Hamilton)			10:00- 11:00AM (Sean Dyer)	
Womens Jiu Jitsu					5:30-6:30PM (Denise Houle)	12:30-2:00PM (Denise Houle)	
BJJ Fundamentals & Advanced GI	10-11:30AM (OPEN MAT) 6:30-8:00PM (Chip Coffey)	10:00-11:30AM (Chip Coffey)	10-11:30AM (OPEN MAT) 6:30-8:00PM (Chip Coffey)	10:00-11:30AM (Chip Coffey)	10-11:30AM (OPEN MAT)		Check the group page on Facebook
Judo					6:30-8:00pm (Hamilton)		
Muay Thai Fundamentals	6:30PM- 7:30PM (Sean Dyer)	6:30-7:30PM (Manu Ntoh)	6:30PM- 7:30PM (Sean Dyer)	6:30-7:30PM (Manu Ntoh)			Check the group page on Facebook
No GI BJJ		7:30-8:30PM (Sean Dyer)		7:30-8:30PM (Sean Dyer)		11AM - 12PM (Hamilton)	Check the group page on Facebook
Cardio Kickboxing	5:30PM-6:30PM (Sean Dyer)	9:00 -10:00AM (Sean Dyer)	5:30PM- 6:30PM (Sean Dyer)	9:00 -10:00AM (Sean Dyer)		11AM - 12:00PM (Sean Dyer)	
Cardio Kickboxing	6:30PM-7:30PM (Sean Dyer)		6:30PM- 7:30PM (Sean Dyer)		5:30-6:30PM (Sean Dyer)		
Wrestling							2 - 4pm (Justin Martin)

MMA sparring is Monday thru Friday at 4pm and Sundays at 4pm. Check the group page on Facebook to see who all is coming

NOTE: Open Mat is for Gi, No-Gi, Striking & Sparring?