



May

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 Cardio Kickboxing 2:00 MMA 3:00 Open Mat	2 5:30 Judo- all ages 5:30 Beginner Wrestling XWC 6:30 GI Adult BJJ 7:30 Advanced Wrestling XWC 7:30 Advanced BJJ (blue belt and up)	3 5:30 Kids BJJ 6:30 NOGI adult 7:30 Muay Thai	4 5:30- Judo all ages 5:30 Beginner Wrestling XWC 6:30 GI Adult BJJ 7:30 Advanced Wrestling XWC 7:30 Cardio Kickboxing	5 11:30 Home School BJJ 5:30 Kids BJJ 6:30 Open Mat	6 5:30 Adult Judo 7:30 Couples Self-Defense Date Night	7 8:30 XWC Wrestling open mat 11:30 Judo 5:30 Parent's Night Out
8 1:00 Cardio Kickboxing 2:00 MMA 3:00 Open Mat	9 5:30 Judo- all ages 5:30 Beginner Wrestling XWC 6:30 GI Adult BJJ 7:30 Advanced Wrestling XWC 7:30 Advanced BJJ (blue belt and up)	10 5:30 Kids BJJ 6:30 NOGI adult 7:30 Muay Thai	11 5:30- Judo all ages 5:30 Beginner Wrestling XWC 6:30 GI Adult BJJ 7:30 Advanced Wrestling XWC 7:30 Cardio Kickboxing	12 11:30 Homeschool BJJ 5:30 Kids BJJ 6:30 GI Adult 7:00 Open Mat	13 5:30 Adult Judo 7:30 Women's Self-Defense	14 8:30 XWC Wrestling open mat 11:30 Judo
15 1:00 Cardio Kickboxing 2:00 MMA 3:00 Open Mat	16 5:30 Judo- all ages 5:30 Beginner Wrestling XWC 6:30 GI Adult BJJ 7:30 Advanced Wrestling XWC 7:30 Advanced BJJ (blue belt and up)	17 5:30 Kids BJJ 6:30 NOGI adult 7:30 Muay Thai	18 5:30- Judo all ages 5:30 Beginner Wrestling XWC 6:30 GI Adult BJJ 7:30 Advanced Wrestling XWC 7:30 Cardio Kickboxing	19 5:30 Kids BJJ 6:30 GI Adult 7:00 Open Mat	20 5:30 Adult Judo	21 8:30 XWC Wrestling open mat 11:30 Judo Private Birthday Party 1:00-4:00
22 1:00 Cardio Kickboxing 2:00 MMA 3:00 Open Mat	23 5:30 Judo- all ages 5:30 Beginner Wrestling XWC 6:30 GI Adult BJJ 7:30 Advanced Wrestling XWC 7:30 Advanced BJJ (blue belt and up)	24 5:30 Kids BJJ 6:30 NOGI adult 7:30 Muay Thai	25 5:30- Judo all ages 5:30 Beginner Wrestling XWC 6:30 GI Adult BJJ 7:30 Advanced Wrestling XWC 7:30 Cardio Kickboxing	26 5:30 Kids BJJ 6:30 GI Adult 7:00 Open Mat	27 5:30 Adult Judo	28 Closed for Memorial Day
29 Closed for Memorial Day weekend	30 Closed for Memorial Day	31 5:30 Kids BJJ 6:30 NOGI adult 7:30 Muay Thai				

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