



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Kids BJJ (GI) 5:30 Adult BJJ(GI) 6:30 Muay Thai 7:30	2 Adult NOGI Noon Adult Judo 5:30 XWC Wrestling 5:30	3 9:30 Adult Fundamentals BJJ 10:30 Kids Fundamentals BJJ 11:30 Judo
4 Cardio Kickboxing 1:00 MMA 2:00 Open Mat 3:00	5 Labor Day No classes	6 Kids BJJ (GI) 5:30 Adult BJJ NOGI 6:30 Muay Thai 7:30	7 Homeschool BJJ 11:30 Teen/Tween Cardio Kickboxing 1:00 Judo 5:30 XWC wrestling elementary 5:30 Adult Fundamentals BJJ GI 6:30 XWC wrestling middle/high school and up 7:30 Cardio Kickboxing 7:30	8 Kids BJJ (GI) 5:30 Adult BJJ(GI) 6:30 Muay Thai 7:30	9 Adult NOGI Noon Adult Judo 5:30 XWC Wrestling 5:30	10 9:30 Adult Fundamentals BJJ 10:30 Kids Fundamentals BJJ 11:30 Judo Parent's Night Out 5:30-9:00
11 Cardio Kickboxing 1:00 MMA 2:00 Open Mat 3:00	12 Judo 5:30 XWC wrestling elementary 5:30 Adult GI 6:30 Advanced BJJ (Blue belt and up) 7:30 XWC middle/high school and up wrestling 7:30	13 Kids BJJ (GI) 5:30 Adult BJJ NOGI 6:30 Muay Thai 7:30	14 Homeschool BJJ 11:30 Teen/Tween Cardio Kickboxing 1:00 Judo 5:30 XWC wrestling elementary 5:30 Adult Fundamentals BJJ GI 6:30 XWC wrestling middle/high school and up 7:30 Cardio Kickboxing 7:30	15 Kids BJJ (GI) 5:30 Adult BJJ(GI) 6:30 Muay Thai 7:30	16 Adult NOGI Noon Adult Judo 5:30 XWC Wrestling 5:30	17 9:30 Adult Fundamentals BJJ 10:30 Kids Fundamentals BJJ 11:30 Judo Andre Galvo/Gordon Ryan Fight
18 Cardio Kickboxing 1:00 MMA 2:00 Open Mat 3:00	19 Judo 5:30 XWC wrestling elementary 5:30 Adult GI 6:30 Advanced BJJ (Blue belt and up) 7:30 XWC middle/high school and up wrestling 7:30	20 Kids BJJ (GI) 5:30 Adult BJJ NOGI 6:30 Muay Thai 7:30	21 Homeschool BJJ 11:30 Teen/Tween Cardio Kickboxing 1:00 Judo 5:30 XWC wrestling elementary 5:30 Adult Fundamentals BJJ GI 6:30 XWC wrestling middle/high school and up 7:30 Cardio Kickboxing 7:30	22 Kids BJJ (GI) 5:30 Adult BJJ(GI) 6:30 Muay Thai 7:30	23 Adult NOGI Noon Adult Judo 5:30 XWC Wrestling 5:30	24 9:30 Adult Fundamentals BJJ 10:30 Kids Fundamentals BJJ 11:30 Judo
25 Cardio Kickboxing 1:00 MMA 2:00 Open Mat 3:00	26 Judo 5:30 XWC wrestling elementary 5:30 Adult GI 6:30 Advanced BJJ (Blue belt and up) 7:30 XWC middle/high school and up wrestling 7:30	27 Kids BJJ (GI) 5:30 Adult BJJ NOGI 6:30 Muay Thai 7:30	28 Homeschool BJJ 11:30 Teen/Tween Cardio Kickboxing 1:00 Judo 5:30 XWC wrestling elementary 5:30 Adult Fundamentals BJJ GI 6:30 XWC wrestling middle/high school and up 7:30 Cardio Kickboxing 7:30	29 Kids BJJ (GI) 5:30 Adult BJJ(GI) 6:30 Muay Thai 7:30	30 Adult NOGI Noon Adult Judo 5:30 XWC Wrestling 5:30	