



16th-31st	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Morning Judo/BJJ	Morning Judo/BJJ	Morning Judo/BJJ		
7:00:00 AM						
8:00:00 AM						
9:00:00 AM						
10:00:00 AM						
11:00:00 AM						
12:15:00 PM		Rigby Judo/BJJ		Rigby Judo/BJJ		
1:00:00 PM						
2:00:00 PM						
3:00:00 PM						
4:00:00 PM		Mamoru Minis Karate with Sensei Ryan		Mamoru Minis Karate with Sensei Ryan		
5:00:00 PM		Adult Karate (18+) with Ryan	Mamoru Minis Judo/BJJ	fencing Adult Karate (18+) with	Mamoru Minis Judo/BJJ	fencing Adult Judo/BJJ (4-5:30)
6:00:00 PM	Mamoru Middles Judo/BJJ	Mamoru Middles Karate (ages 8-17) with Sensei Ryan	Mamoru Middles Judo/BJJ	Mamoru Middles Karate (ages 8-17) with Sensei Ryan	Mamoru Middles Judo/BJJ	Karate/MMA (5:30-6:30)
7:00:00 PM	Adult Judo/BJJ	No Gi Rolling with Roger	Womens Judo/BJJ/ Self-Defense	Adult Judo/BJJ	womens bjj/judo	Adult Judo/BJJ
8:00:00 PM						
8:30:00 PM						
9:00:00 PM						

# classes

**Mamoru Minis  
Judo/BJJ**

**Mamoru  
Middles  
Judo/BJJ**

**Rigby Judo/BJJ**

**Adult Judo/BJJ**

**No Gi Rolling  
with Roger**

**Morning  
Judo/BJJ**

**Fencing**

**Mamoru Minis  
Karate with  
Sensei Ryan**

**Mamoru  
Middles  
Karate (ages 8-  
17) with  
Sensei Ryan**

**Adult Karate  
(18+) with  
Ryan**

**Sensei Lacy -  
TBA**

**Karate / MMA**

**Womens  
Judo/BJJ/Self-  
Defense**