

TIME	MON	TUE	WED	THU	FRI	SAT
6:00 AM	Kickboxing/NoGi (Jerome)	All Level (Tryfon)	All Level NoGi (Tryfon)	All Level (Tryfon)		
9:00 AM	All Level NoGi (Jacob Miller)	All Level (Tryfon)	All Level (Tryfon)	All Level (Tryfon)	OPEN MAT	Women Only (Sonia)
10:00 AM						All Level NoGi (Chris)
3:20 PM	Little Hawks Age 4-6 (Sonia)	Little Hawks No Gi Age 4-6 (Paulo)	Little Hawks Age 4-6 (Paulo)	Little Hawks Age 4-6 (Paulo)		
4 PM	Jr Hawks Age 6-9 (Paulo/Nova)	Jr Hawks No Gi Age 6-9 (Paulo/Sonia)	Jr Hawks Age 6-9 (Paulo/Nova)	Jr Hawk Age 6-9 (Paulo/Sonia)		
5 PM	Teen Hawks Age 9-14 (Tryfon/Paulo)	Teen Hawks No Gi Age 9-14 (Tryfon/Paulo/Sebastian)	Teen Hawks Age 9-14 (Tryfon/Paulo/Sonia)	Teen Hawks Age 9-14 (Paulo/Sonia/Sebastian)	Kids Competition Training (Paulo) <i>*Invite only</i>	
6:15 PM	Beginner Age 14+ (Paulo)	Beginner Age 14+ (Paulo)	Beginner Age 14+ (Paulo)	All Level Age 14+ (Paulo)		
6:15 PM	All Level Age 14+ (Tryfon)	All Level NoGi Age 14+ (Chris)	All Level Age 14+ (Tryfon)	All Level NoGi Age 14+ (Chris)		