

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Kickboxing/NOGI (Jerome)	All level (Tryfon)	All level NOGI (Tryfon)	All level (Tryfon)		
9am	All level NOGI (Jacob Miller)	All level (Tryfon)	All level (Paulo)	All level (Tryfon)	All Level NOGI (Paulo)	Women only (Sonia)
10am						All level NOGI (Chris)
3:20pm	Little Hawks 4-6 (Sonia)	Little Hawks 4-6 (Paulo)	Little Hawks 4-6 (Paulo)	Little Hawks 4-6 (Paulo)		
4pm	Junior Hawks 6-9 (Tryfon/Sonia)	Junior Hawks 6-9 NOGI (Tryfon/Sonia)	Junior Hawks 6-9 (Tryfon/Paulo)	Junior Hawks 6-9 (Paulo/Sonia)		
5pm	Teen Hawks 9-14 (Tryfon/Paulo)	Teen Hawks 9-14 NOGI (Tryfon/Paulo)	Teen Hawks 9-14 (Tryfon/Paulo)	Teen Hawks 9-14 (Paulo/Sebastian)	Teen Hawks 9-14 Competition Team (Paulo) Invite only	
6:15pm	Beginner (Paulo)	Beginner (Paulo)	Beginner (Paulo)	All level (Paulo)		
6:15pm	All level (Tryfon)	All level NOGI (Chris)	All level (Tryfon)	All level NOGI (Chris)		