

| Time   | Monday                             | Tuesday                                | Wednesday                          | Thursday                             | Friday                                 | Saturday                    |
|--------|------------------------------------|----------------------------------------|------------------------------------|--------------------------------------|----------------------------------------|-----------------------------|
| 6am    | Kickboxing<br>(Jerome)             | All level<br>(Tryfon)                  | All level (NOGI)<br>(Tryfon)       | All level<br>(Tryfon)                |                                        |                             |
| 9am    | All level (NOGI)<br>(Jacob Miller) | All level<br>(Tryfon)                  | All level (NOGI)<br>(Tryfon)       | All level<br>(Jacob Maxen)           | Open Mat GI/NOGI<br>(Paulo)            | Women only<br>(Sonia)       |
| 9am    |                                    | Beginner<br>(Tryfon)                   |                                    | Beginner<br>(Paulo)                  |                                        |                             |
| 10am   |                                    |                                        |                                    |                                      |                                        | All level (NOGI)<br>(Chris) |
| 3:20pm | Little Hawks 4-6<br>(Sonia)        | Little Hawks 4-6<br>(Paulo)            | Little Hawks 4-6<br>(Paulo)        | Little Hawks 4-6<br>(Paulo)          |                                        |                             |
| 4pm    | Junior Hawks 6-9<br>(Tryfon/Paulo) | Junior Hawks 6-9<br>(Tryfon/Sonia)nogi | Junior Hawks 6-9<br>(Tryfon/Paulo) | Junior Hawks 6-9<br>(Paulo/Sonia)    |                                        |                             |
| 5pm    | Teen Hawks 9-14<br>(Tryfon/Paulo)  | Teen Hawks 9-14<br>(Tryfon/Paulo)nogi  | Teen Hawks 9-14<br>(Tryfon/Paulo)  | Teen Hawks 9-14<br>(Paulo/Sebastian) | Teen Hawks 9-14<br>(Paulo) Invite only |                             |
| 6:15pm | All level<br>(Tryfon)              | All level (NOGI)<br>(Chris)            | All level<br>(Tryfon)              | All level (NOGI)<br>(Chris)          |                                        |                             |
| 6:15pm | Beginner<br>(Paulo)                | All level<br>(Tryfon)                  | Beginner<br>(Paulo)                | All level<br>(Paulo)                 |                                        |                             |
| 7:30pm |                                    |                                        |                                    | MMA fitness<br>(Dmytro)              |                                        |                             |