

BASE CAMP CLASS SCHEDULE - EFFECTIVE 1/9/23

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gi – All Levels	5:30-6:30 PM	6:00 - 7:00 AM 12:30 - 1:30 PM 5:30 - 6:30 PM		6:00 - 7:00 AM 12:30 - 1:30 PM 5:30 - 6:30 PM	6:00 - 7:00 AM 12:30 - 1:30 PM	10:30 – 12:00*	
No Gi – All Levels			6:00 - 7:00 AM 12:30 - 1:30 PM 5:30 - 6:30 PM				
Kids BJJ (4-8)	3:30 – 4:15 PM	3:30 – 4:15 PM	3:30 – 4:15 PM	3:30 – 4:15 PM			
Kids BJJ (9-14)	4:15 – 5:15 PM	4:15 – 5:15 PM	4:15 – 5:15 PM	4:15 – 5:15 PM			
Wrestling		6:30 – 7:30 PM		6:30 – 7:30 PM			
Yoga	PLEASE CHECK BACK SOON FOR OUR FALL/WINTER YOGA SCHEDULE						
Women’s BJJ		2:00 – 3:00 PM					
Taekwondo							5:30 – 6:30p
Beginner’s Fundamentals	6:30 – 7:30 PM**	First & Third Mondays Only					

* Open Mat every other week

** First and third Mondays only.