



WEEKLY CALENDAR



Time	Mon	Tue	Wed	Thu	Fri	Sat
8:30						W FIT SELF DEFENSE
9:30						OPEN MAT
4:00	SPARTANS (8-12)	WARRIORS (5-7)	SPARTANS (8-12)	WARRIORS (5-7)	ELITE CLASS	
4:45	LITLLE NINJAS (3-4)	TEENS (13-16)	LITLLE NINJAS (3-4)	TEENS (13-16)		
5:30	WARRIORS (5-7)	SPARTANS (8-12)	WARRIORS (5-7)	SPARTANS (8-12)		
6:15	W FIT SELF DEFENSE	ADULTS BJJ	W FIT SELF DEFENSE	ADULTS BJJ		
7:00	NO GI (ALL LEVELS)		COMPETITION			