Rifle Range

Time Slot	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	BJJ Area	Cageside	BJJ Area	Cageside	BJJ Area	Cageside	BJJ Area	Cageside	BJJ Area	Cageside	BJJ Area	Cageside	BJJ Area	Cageside
0700-0800	BJJ Gi 7am		BJJ NoGI 7am		BJJ Gi 7am		BJJ NoGI 7am		BJJ NoGI 7am					
0900-1000												Muay Thai Beginners 9am		Muay Thai Beginners 9am
1000-1100											BJJ Warrior Kids 10am	Muay Thai Beginners Sparring 10am		
1100-1200											BJJ Open Q&A and Sparring 11am	Open drills striking 11am	Rifle Range Sunday Social specials	
1200-1300	BJJ NoGI 12noon	Muay Thai 12noon	BJJ Gi 12noon		BJJ NoGI 12noon	Muay Thai 12noon	BJJ Gi 12noon		BJJ NoGI 12noon	Muay Thai 12noon		MMA 12noon		
1800-1830	BJJ NoGi 6pm		BJJ NoGi 6pm	Boxing 6pm	BJJ Gi 6pm	Muay Thai 6pm	BJJ NoGi 6pm		BJJ Nogi Girls 6pm					
1830-1900														
1900-1930	BJJ Gi 7pm	Muay Thai 7pm	BJJ Gi 7pm	Muay Thai 7pm	BJJ NoGI 7pm	Boxing 7pm	BJJ Gi 7pm	Muay Thai 7pm	BJJ Gi Girls 7pm	Muay Thai Sparring 7pm				
1930-2000														
2000-2030	BJJ Drills and sparring all levels Gi and Nogi 8pm	MMA All Levels 8pm	BJJ Drills and sparring all levels Gi and Nogi 830pm		BJJ Drills and sparring all levels Gi and Nogi 8pm	MMA All Levels 8pm	BJJ Drills and sparring all levels Gi and Nogi 830pm	Boxing 8pm	BJJ Drills and sparring all levels Gi and Nogi 8pm	MMA Beginners 8pm				
2030-2100														