| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| | | GI | NO GI & MMA | GI | GI | NO GI | |
| 5:00-5:30 PM | | | 3-7 Years Old | 3-7 Years Old | 3-7 Years Old | | |
| 5:30-6:15 PM | | 8-12 Years Old | 8-12 Years Old | 8-12 Years Old | 8-12 Years Old | | |
| 6:15-7:15 PM | | Teens and Adults | Teens and Adults | Teens and Adults | Teens and Adults | Adults | |