	Monday		Tuesday		Wednesday		Thursday	
7:00 AM								
8:00 AM				Women on Weights				Women on Weights
8:30 AM				8-9am \$80 Powerlifting				8-9am \$80
10:00 AM				Feb 6, Feb 20, Mar 5, Mar 19,				
11:00 AM				April 2, April 16 9:15-10:15am \$50				
12:00 PM			BJJ				BJJ	
12:30 PM			12:00-1:00pm				12:00-1:00pm	
1:00 PM			\$105				\$105	
4:00 PM								
4:15 PM								
4:30 PM			Self Defense				Self Defense	
5:00 PM	-		Workshop 1 Feb 6, Mar 5, Apr 2				Workshop 2 Feb 8, Mar 7, Apr 4	
5:15 PM	PTK 5:00-6:30pm		4:15-6:15pm FREE	Sparring 101 5-6:15pm	PTK 5:00-6:30pm		4:15-6:15pm FREE	Sparring 10 5-6:15pm
5:30 PM	\$120			\$5 Drop-In	\$120			\$5 Drop-li
6:00 PM								
6:15 PM								
6:30 PM								
7:00 PM			Aikido				Aikido	
7:30 PM	Urban Combat 7-8:30pm		6:30-8:00pm \$120		Urban Combat 7-8:30pm		6:30-8:00pm \$120	
7:45 PM	\$120				\$120			
8:00 PM		Dance Choreo				Dance Choreo		
8:15 PM		8-9:15pm \$105				8-9:15pm \$105		
9:15 PM								
9:30 PM								
		mat room						
		studio 2 1ST floor weight						