| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 845a-930  Strength and Conditioning |  |
|  | 7a-8a  Adult/Teens All Level BJJ – Gi |  | 7a-8a  Adult/Teens All Level BJJ – Gi |  | 930a-1030a  Little Sharks and Junior Jiu-Jitsu | 9a-10a  Adult/Teens All Level BJJ - **NO** Gi |
| Women’s Self Defense |
| 12p-1p  Adult/Teens All Level BJJ - **NO** Gi | 12p-1p  Adult/Teens All Level BJJ - Gi | 12p-1p  Adult/Teens All Level BJJ - **NO** Gi | 12p-1p  Adult/Teens All Level BJJ - Gi | 12p-1p  Adult/Teens All Level BJJ - **NO** Gi | 1030a-12p  Adult/Teens All Level BJJ –Gi | 10a-11a  Open Mat |
| 5p-6p  Little Sharks and Junior Jiu-Jitsu | 5p-6p  Little Sharks and Junior Jiu-Jitsu | 5p-6p  Little Sharks and Junior Jiu-Jitsu | 5p-6p  Little Sharks (and Junior Jiu-Jitsu | 5p-6p  Little Sharks and Junior Jiu-Jitsu | 1130a-1230p  Adult/Teens Muay Thai |  |
| 5p-6p  Adult/Teens All Level BJJ – **NO** Gi | 5p-6p  Adult/Teens All Level BJJ –Gi | 5p-6p  Adult/Teens All Level BJJ – **NO** Gi | 5p-6p  Adult/Teens All Level BJJ –Gi | 5p-6p  Adult/Teens All Level BJJ – **NO** Gi | 7030 Hi Tech Drive, Hanover, MD 21076  (410) 953-8492 | |
| 6p-7p  Adult/Teens All Level BJJ – **NO** Gi | 6p-7p  Adult/Teens All Level BJJ –Gi | 6p-7p  Adult/Teens All Level BJJ – **NO** Gi | 6p-7p  Adult/Teens All Level BJJ –Gi | 6p-7p  Adult/Teens All Level BJJ – **NO** Gi |
| 6p-7p  Kid’s Muay Thai | 6p-7p  Kid’s Muay Thai | 6p-7p  Adult/Teens Muay Thai | 6p-7p  Women’s Self Defense | 6p-7p  Kid’s Muay Thai |
|  | Women’s Self Defense |  |  |  |
| 7p-8p  Adult/Teens Muay Thai | 7p-8p  Adult/Teens Muay Thai | 7p-8p  Adult MMA Class  Alex Romanov | 7p-8p  Adult/Teens Muay Thai | 7p-8p  Adult/Teens Muay Thai |