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