



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	06:30am-7:30 am Fundamentals/Advanced <b>Gi</b>		06:30am-7:30 am Fundamentals/Advanced <b>Gi</b>		10am – 2pm Open Mat	Competition/ Private Training
11:45am-1pm Advanced <b>Gi</b>	11:45am-1pm Fundamentals <b>Gi</b>	11:45am-1pm Drill to get better with Boomer <b>Gi &amp; No Gi</b>	11:45am-1pm Fundamentals <b>Gi</b>	11:45am-1pm Advanced <b>Gi</b>		
5pm-6pm Kids class 7-13 <b>Gi</b>	5pm-6pm Kids class 3-6 <b>Gi</b>	5pm-6pm Kids class 7-13 <b>Gi</b>	5pm-6pm Kids class 3-6 <b>Gi</b>	5pm-6pm Kids class 3-13 <b>Gi</b>		
6pm-7pm Fundamentals <b>Gi</b>		6:30pm-8:30pm Advanced <b>No Gi</b>		6pm-7pm Fundamentals <b>Gi</b>		
7pm-9pm Advanced <b>Gi</b>	7pm-9pm <b>MMA</b>		7pm-9pm <b>MMA</b>	7pm-9pm Advanced <b>Gi</b>		

**For Questions Please Call Seth at 919-578-8552**



**Pricing**

**\$125/month for 1 adult**  
**\$190/month for 2 adults**  
**\$225/month-family**  
**\$90/month for 1 kid**  
**\$150/month for 2 kids**  
**\$225/month-family**