

| Mon | Tue | Wed | Thur | Fri | Sat |
|---|---|---|---|--|--|
| Adult All Level 6am-7am (Tryfon) | Adult All Level NOGI 6am-7am (Tryfon) | Adult All Level 6am-7am (Tryfon) | Adult All Level NOGI 6am-7am (Tryfon) | | |
| Adult Level 02 NOGI 9am-10:30am (Tryfon) | Adult Level 02 9am-10:30am (Tryfon) | Adult Level 02 NOGI 9am-10:30am (Tryfon) | Adult Level 02 9am-10:30am (Tryfon) | Adult Level 02 NOGI 9am-10:30am (Paulo) | Women's All Level 9am-10:30am (Sonia) |
| | | | | | Adult All level NOGI 10am-11:30am (Chris) |
| Kids 4-5 3:10pm-3:50pm (Paulo) | Kids 4-5 3:10pm-3:50pm (Paulo) | Kids 4-5 3:10pm-3:50pm (Paulo) | Kids 4-5 3:10pm-3:50pm (Paulo) | | |
| Kids 6-8 3:50pm-4:50pm (Tryfon) | Kids 6-8 NOGI 3:50pm-4:50pm (Paulo) | Kids 6-8 3:50pm-4:50pm (Tryfon) | Kids 6-8 3:50pm-4:50pm (Paulo) | | |
| Kids 9-13 4:50pm-6:15pm (Tryfon) | Kids 9-13 NOGI 4:50pm-6:15pm (Paulo) | Kids 9-13 4:50pm-6:15pm (Tryfon) | Kids 9-13 4:50pm-6:15pm (Paulo) | Kids 6-13 COMP 4:50pm-6:15pm (Paulo/Sonia) | |
| Adult Level 01 6:15pm-7:15pm (Paulo) | Adult Level 01 6:15pm-7:15pm (Paulo) | Adult Level 01 6:15pm-7:15pm (Paulo) | Adult Level 01 6:15pm-7:15pm (Paulo) | Adult All Level 6:15pm-7:45pm (Andrew) | |
| Adult Level 02 6:15pm-7:45pm (Tryfon) | Adult Level 02 NOGI 6:15pm-7:45pm (Tryfon) | Adult Level 02 6:15pm-7:45pm (Tryfon) | Adult Level 02 NOGI 6:15pm-7:45pm (Tryfon) | | |
| | | Adult MMA Fitness 7:30pm-8:30pm (Dmytro) | | | |