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| July |  |
|  | 2022 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | 12:00 NOGI BJJ  5:30 Adult Judo | 11:30 Judo |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Closed for holiday | Closed for Fourth of July | 5:30 Kids NOGI BJJ  6:30 Adult NOGI BJJ  7:30 Adult Muay Thai | 5:30 Judo  5:30 XWC beginner wrestling  6:30 Adult GI BJJ  6:30 Fundamentals BJJ GI  7:30 Cardio Kickboxing  7:30 Advanced Wrestling | 5:30 Kids NOGI BJJ  6:30 Adult GI BJJ  7:00 Open Mat | 12:00 NOGI BJJ  5:30 Adult Judo | 8:30 XWC Wrestling  9:30 Adult Fundamental BJJ GI  10:30 Kids Fundamental BJJ GI  11:30 judo |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 1:00 Cardio Kickboxing  2:00 MMA  3:00 Open Mat | 5:30 Judo  5:30 XWC beginner wrestling  6:30 Adult GI BJJ  7:30 Advanced BJJ (blue belt and up)  7:30 Advanced Wrestling  Inclusive Camp 9:00-12:00 | 5:30 Kids NOGI BJJ  6:30 Adult NOGI BJJ  7:30 Adult Muay Thai  Inclusive Camp 9:00-12:00 | 5:30 Judo  5:30 XWC beginner wrestling  6:30 Adult GI BJJ  6:30 Fundamental BJJ GI  7:30 Cardio Kickboxing  7:30 Advanced Wrestling  Inclusive Camp 9:00-12:00 | 5:30 Kids NOGI BJJ  6:30 Adult GI BJJ  7:00 Open Mat  Inclusive Camp 9:00-12:00 | 12:00 NOGI BJJ  5:30 Adult Judo  Inclusive Camp 9:00-12:00 | 8:30 XWC Wrestling  9:30 Adult Fundamental BJJ GI  10:30 Kids Fundamental BJJ GI  11:30 judo |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 1:00 Cardio Kickboxing  2:00 MMA  3:00 Open Mat | 5:30 Judo  5:30 XWC beginner wrestling  6:30 Adult GI BJJ  7:30 Advanced BJJ (blue belt and up)  7:30 Advanced Wrestling | 5:30 Kids NOGI BJJ  6:30 Adult NOGI BJJ  7:30 Adult Muay Thai | 5:30 Judo  5:30 XWC beginner wrestling  6:30 Adult GI BJJ  6:30 Fundamentals BJJ GI  7:30 Cardio Kickboxing  7:30 Advanced Wrestling | 5:30 Kids NOGI BJJ  6:30 Adult GI BJJ  7:00 Open Mat | 12:00 NOGI BJJ  5:30 Adult Judo | 8:30 XWC Wrestling  9:30 Adult Fundamental BJJ GI  10:30 Kids Fundamental BJJ GI  11:30 judo |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 1:00 Cardio Kickboxing  2:00 MMA  3:00 Open Mat | 5:30 Judo  5:30 XWC beginner wrestling  6:30 Adult GI BJJ  7:30 Advanced BJJ (blue belt and up)  7:30 Advanced Wrestling | 5:30 Kids NOGI BJJ  6:30 Adult NOGI BJJ  7:30 Adult Muay Thai | 5:30 Judo  5:30 XWC beginner wrestling  6:30 Adult GI BJJ  6:30 Fundamentals BJJ GI  7:30 Cardio Kickboxing  7:30 Advanced Wrestling | 5:30 Kids NOGI BJJ  6:30 Adult GI BJJ  7:00 Open Mat | 12:00 NOGI BJJ  5:30 Adult Judo | 8:30 XWC Wrestling  9:30 Adult Fundamental BJJ GI  10:30 Kids Fundamental BJJ GI  11:30 judo |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1:00 Cardio Kickboxing  2:00 MMA  3:00 Open Mat |  |  |  |  |  | In House Kids Tournament! |

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