

Temporary Phase 2 Opening



**Starts Monday,
June 8th 2020**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30am – 7:30am Brazilian Jiu-jitsu		6:30am – 7:30am Brazilian Jiu-jitsu		
Use of gym by appt.	10:00 – 10:45am Brazilian Jiu-jitsu	10:00 – 11:00am BANG Muay Thai	10:00 – 10:45am Brazilian Jiu-jitsu FREE for L.E.O.			
	11:00—11:45 am JR Fitness Outside (inside if too hot or raining.)		11:00—11:45 am JR Fitness Outside (inside if too hot or raining.)		11:00-11:45 am JR Fitness Outside (inside if too hot or raining.)	11:00—12:00 Brazilian Jiu-jitsu
					12:30-1:15 pm Adult Fitness Outside	BANG Muay Thai 12:30—1:30
Zoom: https:// us04web.zoom.us /j/5405258696	5:00 – 5:30 Little Ninjas	5:00 – 5:30 Little Ninjas (zoom also)	5:00 – 5:30 Little Ninjas	5:00 – 5:30 Little Ninjas (zoom also)		
	5:45 – 6:30 JR Jiu-jitsu	5:45 – 6:30 JR Jiu-jitsu	5:45 – 6:30 JR Jiu-jitsu	5:45 – 6:30 JR Jiu-jitsu		Use of gym by appt.
	6:45—7:30 Advanced JR Jiu-Jitsu	6:45—7:30 JR BANG Muay Thai (zoom also)	6:45—7:30 Advanced JR Jiu-jitsu	6:45—7:30 JR BANG Muay Thai (zoom also)		
	7:45 – 8:45 Brazilian Jiu-jitsu	7:45 – 8:45 BANG Muay Thai (zoom also)	7:45 – 8:45 Brazilian Jiu-jitsu (zoom also)	7:45 – 8:45 BANG Muay Thai		

