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	6:30am	7:30am	11:30am	12:30pm	4pm	4:30pm	4:45pm	5:45pm	6:45pm	7:45pm
MON					*DC Kids (4-5 Yrs)		Kids MT (9-15 Yrs)	Muay Thai		Muay Thai
			BJJ - Gi				Kids BJJ - Gi (9-15 Yrs)	BJJ - Gi		BJJ - No Gi
TUE	Muay Thai				*DC Kids (6-8 Yrs)		*DC Kids (9-15 Yrs)	Muay Thai - ADV		Muay Thai Sparring
	BJJ - Gi							MMA		
WED	Muay Thai				*DC Kids (4-5 Yrs)		Kids MT (9-15 Yrs)	Muay Thai		Muay Thai
	BJJ - Gi		BJJ - Gi				Kids BJJ - Gi (9-15 Yrs)	BJJ - Gi		BJJ - No Gi
THU	Muay Thai				*DC Kids (6-8 Yrs)		*DC Kids (9-15 Yrs)	Muay Thai Sparring		MMA
	BJJ - No Gi							BJJ - No Gi		BJJ - Gi
FRI							Kids MT (9-15 Yrs)	Open Gym		
			BJJ - No Gi				Kids BJJ - No Gi (9-15 Yrs)	Open Gym		

Legend

Gi	BJJ Uniform
No Gi	Rash guard and Shorts
*DCKIDS	DC Kids Classes aligned with the ACT school terms