

LIVE CLASS LINKS

MONDAY

White – Gold	5:00 – 5:45	meet.google.com/okd-maes-cjn
Green – Purple	6:00 – 6:45	meet.google.com/sdt-mavh-fgw
Women's KB	7:00 – 7:45	meet.google.com/chm-xfqy-tnb

TUESDAY

Blue	5:00 – 5:45	meet.google.com/kyi-bvzj-jsz
Red	6:00 – 6:45	meet.google.com/tbn-mxkk-xyx
Black	7:00 – 7:45	meet.google.com/hqv-xzcn-qcm

WEDNESDAY

Brown	5:00 – 5:45	meet.google.com/pkr-vjgk-mkf
Women's SD & BJJ	6:00 – 6:45	meet.google.com/xbm-pzv-kvfe
12+ Jiu Jitsu	7:00 – 7:45	meet.google.com/ujf-ctbf-ahi

THURSDAY

White – Gold	5:00 – 5:45	meet.google.com/okd-maes-cjn
Green – Purple	6:00 – 6:45	meet.google.com/sdt-mavh-fgw
Kids BJJ & Sparring	7:00 – 7:45	meet.google.com/vii-opiq-awc

FRIDAY

Adult Jiu Jitsu	5:30 – 7:00	meet.google.com/otv-ahzn-tgk
12+ Kickboxing	7:00 – 8:00	meet.google.com/gtd-ekse-bki

SATURDAY

White – Purple	9:00 – 9:45	meet.google.com/nwu-tomz-rpt
Blue – Red	10:00 – 10:45	meet.google.com/oci-raqr-idp
Brown	11:00 – 11:45	meet.google.com/xac-ukvf-jxw
Black	12:00 – 12:45	meet.google.com/cdh-jcta-mre