PRIDE LANDS MMA

	MON	TUE	WED	THU	FRI	SAT
7A-8A	STRIKING	NO-GI JIU-JITSU	STRIKING	NO-GI JIU-JITSU		
11A-12:30P	NO-GI JIU-JITSU	NO-GI JIU-JITSU	GI JIU-JITSU	NO-GI JIU-JITSU	NO-GI JIU-JITSU	OPEN MAT (GI & NO-GI)
5P-6P	WOMEN ONLY NO-GI	LITTLE LIONS NO-GI	LITTLE LIONS STRIKING	LITTLE LIONS NO-GI		
6:15P-7:30P	NO-GI JIU-JITSU	STRIKING	NO-GI JIU-JITSU	GI JIU-JITSU	NO-GI JIU-JITSU	
7:30P-8:30P				STRIKING		