

The Base Woodland 2026 Schedule



	Monday	Tuesday	No-Gi Wednesday	Thursday	Friday	Saturday	Sunday
6:15am- 7:30am	All Levels Gi BJJ		All Levels No-Gi BJJ				
9am- 10am							
10am- 11am			Kickboxing Conditioning (ages 14+)	Suples Strength and Conditioning	Restorative Yoga	Suples Strength and Conditioning	
11am- Noon		Mobility Training	Homeschool BJJ Class- No-Gi <small>1st grade and up</small>	Homeschool BJJ Class- Gi <small>1st grade and up</small>	Adult BJJ All Levels No Gi	Kids Comp Class- ages 5+ and 3 Months Training	Adult BJJ All Levels Gi 11am- 12:30pm
Noon- 1pm	Kickboxing Conditioning (ages 14+)	Adult BJJ Fundamentals Gi	Adult BJJ All Levels No-Gi			Drilling/ Rounds Teens & Adults	
4:30pm- 5:20pm	Suples Strength and Conditioning	Kids BJJ- Gi Ages 4-7 *50 Min	Kids BJJ- No-Gi Ages 4-7 *50 Min	Kids BJJ- Gi Ages 4-7 *50 Min			
5:30pm- 6:30pm	Youth Wrestling for BJJ Ages 8-17	Kids BJJ- Gi Ages 8-14	Kids BJJ- No-Gi Ages 8-14	Kids BJJ- Gi Ages 8-14			
6:30pm- 8:00pm	Adult BJJ All Levels Gi	Adult BJJ Fundamentals Gi	Adult BJJ All Levels No-Gi	Adult BJJ All Levels Gi			