The Base Woodland
2026 Schedule

	Monday	Tuesday	No-Gi Wednesday	Thursday	Friday	Saturday	Sunday
6:15am-7:30am							
10am-11am		Mobility Training	Kickboxing Conditioning (ages 14+)	Suples Strength and Conditioning	Restorative Yoga	Suples Strength and Conditioning	
11am-Noon		Homeschool BJJ Class- Gi 1st grade and up	Homeschool BJJ Class- No Gi 1st grade and up		Adult BJJ All Levels No-Gi	Kids Comp Class- Gi 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- Gi 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			