



	Monday		Tuesday	Wednesday		Thursday		Friday		Saturday		Sunday
8:00 am												
8:15 am												
8:30 am	MMA Conditioning	MMA	MMA	MMA Conditioning	Brazilian Jiu-Jitsu No Gi	MMA	MMA Conditioning					
8:45 am												
9:00 am												
9:15 am												
9:30 am												
9:45 am	Sparring Class*	Women's Kickboxing										
10:00 am												
10:15 am												
10:30 am	Open Gym											
10:45 am												
11:00 am												
11:15 am												
11:30 am												
11:45 am	Open Gym											
12:00 pm												
12:15 pm												
12:30 pm												
12:45 pm												
1:00 pm												
1:15 pm												
1:30 pm												
1:45 pm												
2:00 pm												
2:15 pm												
2:30 pm												
2:45 pm												
3:00 pm												
3:15 pm												
3:30 pm	Brazilian Jiu-Jitsu Team Practice*	Team Thai Boxing*	Team Sparring*									
3:45 pm												
4:00 pm												
4:15 pm												
4:30 pm												
4:45 pm	Team Thai Boxing*											
5:00 pm												
5:15 pm												
5:30 pm												
5:45 pm												
6:00 pm	Brazilian Jiu-Jitsu No Gi	Thai Boxing	Brazilian Jiu-Jitsu No Gi	Thai Boxing	Team Sparring*							
6:15 pm												
6:30 pm												
6:45 pm												
7:00 pm												
7:15 pm	Con dition ing	Brazilian Jiu-Jitsu With Gi**	MMA	Con dition ing	Brazilian Jiu-Jitsu With Gi**	Con dition ing	Wrestling	Wrest ling Sparring*				
7:30 pm												
7:45 pm												
8:00 pm												
8:15 pm												
8:30 pm												
8:45 pm												

* Needs coach approval
** Own Gi required