

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM - 9:50 AM						• Kids Class (All Ages)	
9:00 AM - 10:30 AM						• Judo	
10:00 AM - 11:30 AM						• Muay Thai All Levels	
10:30 AM - 11:30 AM						• Open Mat Grappling	
11:00 AM - 12:00 PM	• Muay Thai (All Levels)		• Muay Thai (All Levels)				
12:00 PM - 12:30 PM	• Grappling		• Grappling				
4:00 PM - 4:50 PM	• Kids Class (4 To 6 Yrs Old)		• Kids Class (4 To 6 Yrs Old)				
5:00 PM - 5:30 PM	• Fighter Yoga			• Fighter Yoga			
5:00 PM - 5:50 PM	• Kids Class (7 To 14 Yrs Old)		• Kids Class (7 To 14 Yrs Old)				
5:30 PM - 6:00 PM	• Kettlebell	• Fighter Conditioning	• Open Mat Grappling	• Fighter Conditioning	• Kettlebell • Open Mat Grappling		
6:00 PM - 7:00 PM	• Brazilian Jiu Jitsu • Open Mat Muay Thai	• MMA • Muay Thai Level 1	• Muay Thai Level 1 • Brazilian Jiu Jitsu	• MMA • Muay Thai Level 1	• Brazilian Jiu Jitsu • Bag Work		
7:00 PM - 7:45 PM	• Clinch And Take Downs						
7:00 PM - 8:00 PM	• Muay Thai Sparring Level 1	• Fight Team Training • Grappling	• Muay Thai Level 2	• Fight Team Training • Grappling			
7:00 PM - 8:30 PM			• Judo				
8:00 PM - 9:00 PM	• Bag Work	• Brazilian Jiu Jitsu Technique	• Bag Work				