

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am – 7am	A.M. Fitness	A.M. Fitness	A.M. Fitness	A.M. Fitness	A.M. Fitness	
7am – 8am		MMA (All Levels)		MMA (All Levels)		Strength & Conditioning (All Levels) 9am – 10am
10am – 11am						JR BJJ (5-7) 9:30am – 10am
						Youth BJJ (8-13) 10am – 11am
11am – 12pm	Women's Fitness		Women's Fitness		Strength & Conditioning (All Levels)	Kid's Muay Thai 10am - 11am
12pm – 1pm	GI BJJ (All Levels)	Women's Fitness	NOGI BJJ (All Levels)	Women's Fitness	BJJ Open Mat	BJJ Open Mat 11am - 1pm
		JR BJJ (5-7) 4:30-5pm	Boxing (Advanced) 4pm – 5pm	JR BJJ (5-7) 4:30-5pm	Boxing (All Levels) 4:00pm – 5:00pm	
5pm – 6pm (Mat 1)	Muay Thai: Pads (All Levels)	Youth BJJ (8-13)	Women's Fitness	Youth BJJ (8-13)	Women's Fitness	
5pm – 6pm (Mat 2)	Strength & Conditioning (All Levels)	Kid's Muay Thai	MMA (All Levels)	Kid's Muay Thai	MMA (All Levels)	
6pm – 7pm (Mat 1)	NOGI BJJ (All Levels)	GI BJJ (Fundamentals)	NOGI BJJ (All Levels)	GI BJJ (Fundamentals)		
6pm – 7pm (Mat 2)	Boxing (All Levels)	Muay Thai (Fundamentals)	Strength & Conditioning (All Levels)	Muay Thai (Fundamentals)		
7pm – 8pm (Mat 1)	BJJ Open Mat	Women's Fitness	BJJ GI (INT/ADV)	Women's Fitness		
7pm – 8pm (Mat 2)		Muay Thai (INT/ADV) 7:00pm – 8:30pm	Muay Thai (All Levels)	Muay Thai (INT/ADV) 7:00pm – 8:30pm		
8pm – 9pm		Muay Thai (Sparring) 8:30 – 9:00pm		Muay Thai (Sparring) 8:30 – 9:00pm		

