

Monday	Tuesday	Wednesday	Thursday	Friday
9:30am-11:00am PRO MMA Striking	11:00am-12:15am (Pro) Wrestling		11:00am-12:15pm PRO MMA Jiu Jitsu	2:00pm-3:30pm PRO MMA individual
11:00am-12.15pm Thaiboxing	11:00am-12.15pm Brazilian Jiu Jitsu	11:00am-12.15pm Thaiboxing	11:00am-12.15pm No-Gi Jiu Jitsu	11:00am-12.15pm Thaiboxing
12:45pm-2:00pm No-Gi Jiu Jitsu	12:45pm-2:00pm Thaiboxing	12:45pm-2:00pm No-Gi Jiu Jitsu	12:45pm-2:00pm Thaiboxing	12:45pm-2:00pm No-Gi Jiu Jitsu
3:45pm-5:00pm PRO MMA Wrestling	5:00pm-6:30pm PRO MMA Jiu Jitsu	1:00pm-3:00pm PRO MMA Sparring	4:00pm-5:30pm PRO MMA Striking	5:30pm-6:15pm Functional Fitness
5:00pm-6:00pm Kid; No-Gi Jiu Jitsu Room 2		5:00pm-6:00pm Kid; No-Gi Jiu Jitsu Room 2	6:00pm-7:15pm Wrestling Room 1	5:00pm-6:00pm Kid; No-Gi Jiu Jitsu Room 2
6:00pm-7:00pm Kid; Brazilian Jiu Jitsu Room 2	6:00pm-7:00pm Boxing Sparring Room 2	6:00pm-7:00pm Kid; Brazilian Jiu Jitsu Room 2	6:00pm-7:15pm No-Gi Jiu Jitsu Room 2	6:00pm-7:00pm Kid; Brazilian Jiu Jitsu Room 2
6:15pm-7:30pm Thaiboxing Room 1	7:15pm-8:15pm Boxing Room 2	6:00pm-7:00pm No-Gi Jiu Jitsu Room 1	7:15pm-8:15pm Brazilian Jiu Jitsu Room 2	6:30pm-7:30pm Fitness; Boxing Room 1
7:15pm-8:30pm Brazilian Jiu Jitsu Room 2	7:00pm-8:15pm No-Gi Jiu Jitsu Room 1	7:15pm-8:30pm Thaiboxing Room 1	7:30pm-8:30pm Thaiboxing Room 1	7:45pm-8:45pm Thaiboxing Room 1
8:00pm-9:30pm MMA Room 1	8:30pm-9:30pm Brazilian Jiu Jitsu Room 2	8:00pm-9:15pm Fitness; Boxing Room 2	8.45pm-10:00pm Boxing + Pro Boxing Room 1	8:00pm-9:00pm Brazilian Jiu Jitsu Room 2
8:45pm-9:45pm Fitness; Boxing Room 2	8:45pm-10.00pm Thaiboxing Room 1	8:45pm-10:00pm Wrestling Room 1	8:45pm-10:00pm MMA Room 2	9:00pm-10:00pm No-Gi Jiu Jitsu Room 1
Saturday	Sunday	All morning, noon and Saturday classes to be held in room 1!		
12:00pm-1:30pm PRO MMA Sparring	12:30pm-2:00pm BJJ + No-Gi Open Mat			
2:00pm-3:30pm Boxing	2:00pm-3:00pm Functional Fitness			
4:00pm-5:30pm MMA				

