

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9:30am-11:00am</b> <b>PRO MMA Striking</b>	<b>11:00am-12:15pm</b> <b>(Pro MMA) Wrestling</b>	<b>11:00am-12:15pm</b> <b>No-Gi Jiu Jitsu   room 2</b>	<b>11:00am-12:15pm</b> <b>(Pro MMA) No-Gi Jiu Jitsu</b>	<b>Open Hour</b> <b>PRO MMA Individual</b>
<b>11:00am-12:15pm</b> <b>Thai-/Kickboxing</b>	<b>12:45pm-2:00pm</b> <b>No-Gi Jiu Jitsu</b>	<b>11:00am-12:15pm</b> <b>Thai-/Kickboxing</b>	<b>12:45pm-2:00pm</b> <b>Thai-/Kickboxing</b>	<b>11:00am-12:15pm</b> <b>Thai-/Kickboxing</b>
<b>12:45pm-2:00pm</b> <b>No-Gi Jiu Jitsu</b>	<b>12:45pm-2:00pm</b> <b>Thai-/Kickboxing</b>			<b>12:45pm-2:00pm</b> <b>No-Gi Jiu Jitsu</b>
<b>3:30pm-5:00pm</b> <b>PRO MMA Wrestling</b>	<b>5:00pm-6:30pm</b> <b>PRO MMA Jiu Jitsu</b>	<b>12:00pm-1:15pm</b> <b>Pro MMA Sparring</b>	<b>4:00pm-5:30pm</b> <b>PRO MMA Striking</b>	<b>5:30pm-6:15pm</b> <b>Functional Fitness</b>
<b>5:00pm-6:00pm</b> <b>Kid; No-Gi Jiu Jitsu</b> Room 2		<b>5:00pm-6:00pm</b> <b>Kid; No-Gi Jiu Jitsu</b> Room 2	<b>6:00pm-7:15pm</b> <b>Wrestling</b> Room 1	<b>5:00pm-6:00pm</b> <b>Kid; No-Gi Jiu Jitsu</b> Room 2
<b>6:00pm-7:00pm</b> <b>Kid; Brazilian Jiu Jitsu</b> Room 2	<b>6:00pm-7:00pm</b> <b>Pro Boxing</b> Room 2	<b>6:00pm-7:00pm</b> <b>Kid; Brazilian Jiu Jitsu</b> Room 2	<b>6:00pm-7:15pm</b> <b>No-Gi Jiu Jitsu</b> Room 2	<b>6:00pm-7:00pm</b> <b>Kid; Brazilian Jiu Jitsu</b> Room 2
<b>6:15pm-7:30pm</b> <b>Thai-/Kickboxing</b> Room 1	<b>7:15pm-8:15pm</b> <b>Boxing</b> Room 2	<b>6:00pm-7:00pm</b> <b>No-Gi Jiu Jitsu</b> Room 1	<b>7:30pm-8:30pm</b> <b>Brazilian Jiu Jitsu</b> Room 2	<b>6:30pm-7:30pm</b> <b>Fitness; Boxing</b> Room 1
<b>7:15pm-8:30pm</b> <b>Brazilian Jiu Jitsu</b> Room 2	<b>7:00pm-8:30pm</b> <b>BJJ+No-Gi Drill;</b> Room 1	<b>7:15pm-8:30pm</b> <b>Thai-/Kickboxing</b> Room 1	<b>7:30pm-8:30pm</b> <b>Thai-/Kickboxing Sparring</b> Room 1	<b>7:45pm-8:45pm</b> <b>Thai-/Kickboxing</b> Room 1
<b>8:00pm-9:30pm</b> <b>MMA</b> Room 1	<b>8:45pm-10:00pm</b> <b>Thai-/Kickboxing</b> Room 1	<b>8:00pm-9:15pm</b> <b>Fitness; Boxing</b> Room 2	<b>8:45pm-10:00pm</b> <b>Boxing Sparring</b> Room 2	<b>8:00pm-9:30pm</b> <b>BJJ+No-Gi Drill;</b> Room 2
<b>8:45pm-9:45pm</b> <b>Fitness; Boxing</b> Room 2		<b>8:45pm-10:00pm</b> <b>Wrestling</b> Room 1	<b>8:45pm-10:00pm</b> <b>MMA</b> Room 1	
<b>Saturday</b>	<b>Sunday</b>	<b>All noon and weekend classes to be held in room 1!</b>		
<b>12:00pm-1:30pm</b> <b>PRO MMA Sparring</b>	<b>12:30pm-2:00pm</b> <b>BJJ + No-Gi Open Mat</b>			
<b>2:00pm-3:30pm</b> <b>Boxing</b>	<b>2:00pm-3:00pm</b> <b>Functional Fitness</b>			
<b>4:00pm-5:30pm</b> <b>MMA</b>				

