

Monday	Tuesday	Wednesday	Thursday	Friday
9:30am-11:00am PRO MMA Wrestling	11:00am-12:15pm (Pro MMA) Wrestling	11:00am-12:15pm No-Gi Jiu Jitsu room 2	11:00am-12:15pm (Pro MMA) No-Gi Jiu Jitsu	Open Hour PRO MMA Individual
11:00am-12:15pm Thai-/Kickboxing	12:45pm-2:00pm No-Gi Jiu Jitsu	11:00am-12:15pm Thai-/Kickboxing	12:45pm-2:00pm Thai-/Kickboxing	11:00am-12:15pm Thai-/Kickboxing
12:45pm-2:00pm No-Gi Jiu Jitsu	12:45pm-2:00pm Thai-/Kickboxing			12:45pm-2:00pm No-Gi Jiu Jitsu
3:30pm-5:00pm PRO MMA Striking	5:00pm-6:30pm PRO MMA Jiu Jitsu	12:30pm-1:30pm Pro MMA (sparring)	4:00pm-5:30pm PRO MMA Striking	5:30pm-6:15pm Functional Fitness
NEW 5:00pm-6:00pm Thai-/Kickboxing basic; R1 5:00pm-6:00pm		NEW 5:00pm-6:00pm Thai-/Kickboxing basic; R1 5:00pm-6:00pm	6:00pm-7:15pm Wrestling (sparring) Room 1	5:00pm-6:00pm
Kid; No-Gi Jiu Jitsu 6:00pm-7:00pm Kid; Brazilian Jiu Jitsu R2	6:00pm-7:00pm Pro Boxing Room 2	Kid; No-Gi Jiu Jitsu 6:00pm-7:00pm Kid; Brazilian Jiu Jitsu	6:00pm-7:15pm No-Gi Jiu Jitsu Room 2	Kid; No-Gi Jiu Jitsu 6:00pm-7:00pm Kid; Brazilian Jiu Jitsu
6:15pm-7:30pm Thai-/Kickboxing Room 1	7:15pm-8:15pm Boxing Room 2	6:00pm-7:00pm No-Gi Jiu Jitsu Room 1	7:30pm-8:30pm Brazilian Jiu Jitsu Room 2	6:30pm-7:30pm Fitness; Boxing Room 1
7:15pm-8:30pm Brazilian Jiu Jitsu Room 2	7:00pm-8:30pm BJJ+No-Gi Drill; Room 1	7:15pm-8:30pm Thai-/Kickboxing Room 1	7:30pm-8:30pm Thai-/Kickboxing (sparring) Room 1	7:45pm-8:45pm Thai-/Kickboxing Room 1
8:00pm-9:30pm MMA Room 1	8:45pm-10:00pm Thai-/Kickboxing Room 1	8:00pm-9:15pm Fitness; Boxing Room 2	8:45pm-10:00pm Boxing (sparring) Room 2	8:00pm-9:30pm BJJ+No-Gi Drill; Room 2
8:45pm-9:45pm Fitness; Boxing Room 2		8:45pm-10:00pm Wrestling Room 1	8:45pm-10:00pm MMA Room 1	
Saturday	Sunday	All noon and weekend 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 (sparring)				

