

Monday	Tuesday	Wednesday	Thursday	Friday
9:30am-11:00am PRO MMA Striking	11:00am-12:15am Wrestling		11:00am-12:13pm PRO MMA Jiu Jitsu	2:00pm-3:30pm PRO Strength&Cardio
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
12:30pm-1:45pm No-Gi Jiu Jitsu	12:30pm-1:45pm Thaiboxing	12:30pm-1:45pm No-Gi Jiu Jitsu	12:30pm-1:45pm Thaiboxing	12:30pm-1:45pm No-Gi Jiu Jitsu
3:45pm-5:00pm PRO MMA Wrestling	5:30pm-7:00pm PRO MMA Jiu Jitsu	3:00pm-5:00pm PRO MMA Sparring	4:30pm-6:00pm PRO MMA Striking	5:30pm-6:30pm Functional Fitness
5:00pm-6:00pm Kid; No-Gi Jiu Jitsu Room 2		5:00pm-6:00pm Kid; No-Gi Jiu Jitsu Room 2		5:00pm-6:00pm Kid; No-Gi Jiu Jitsu Room 2
6:00pm-7:00pm Kid; Brazilian Jiu Jitsu Room 2	6:00pm-7:00pm Pro Boxing Room 2	6:00pm-7:00pm Kid; Brazilian Jiu Jitsu Room 2	6:00pm-7:30pm Wrestling Room 1	6:00pm-7:00pm Kid; Brazilian Jiu Jitsu Room 2
6:30pm-8:00pm Thaiboxing Room 1	7:00pm-8:15pm Boxing Room 2	6:00pm-7:00pm No-Gi Jiu Jitsu Room 1	6:00pm-7:15pm No-Gi Jiu Jitsu Room 2	6:30pm-8:00pm Thaiboxing Room 1
7:00pm-8:15pm Brazilian Jiu Jitsu Room 2	7:00pm-8:15pm No-Gi Jiu Jitsu Room 1	7:00pm-8:30pm Thaiboxing Room 1	7:15pm-8:30pm Brazilian Jiu Jitsu Room 2	7:00pm-8:00pm Fitness; Boxing Room 2
8:15pm-9:30pm MMA Room 1	8:15pm-9:30pm Brazilian Jiu Jitsu Room 2	7:00pm-8:30pm Fitness; Boxing Room 2	7:30pm-8:30pm Thaiboxing Room 1	8:00pm-9:00pm Brazilian Jiu Jitsu Room 1
8:30pm-9:45pm Fitness; Boxing Room 2	8:30pm-10.00pm Thaiboxing Room 1	8:30pm-9:45pm Wrestling Room 1	8:30pm-10:00pm Boxing Room 1	9:00pm-10:00pm No-Gi Jiu Jitsu Room 1
Saturday	Sunday	All morning, noon and Saturday classes to be held in room 1!		
2:00pm-3:30pm PRO MMA Sparring	12:30pm-2:00pm BJJ + No-Gi Open Mat			
4:00pm-5:30pm Boxing	2:00pm-3:00pm Functional Fitness			

