MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Muay Thai 6:00 – 7:00 a.m.			No-Gi BJJ 12:00 – 1:30 p.m.	Muay Thai 9:00 – 10:00 a.m.	
Kids Muay Thai 5:15 – 6:00 p.m.	Kid's BJJ 5:15 – 6:00 p.m.	Kid's Muay Thai 5:15 – 6:00 p.m.	Kid's BJJ 5:15 – 6:00 p.m.	Kid's BJJ 5:15 – 6:00 p.m.	Conditioning 10:00 – 11:00 a.m.	
No-Gi BJJ 6:00 – 7:00 p.m.	Muay Thai 6:00 – 7:00 p.m.	Wrestling 6:00 – 7:00 p.m.	Muay Thai 6:00 – 7:00 p.m.	Boxing 6:00 – 7:00 p.m.	Wrestling 11:00 – 12:00 p.m.	Yoga 10:00 – 11:00 a.m.
Boxing 7:00 – 8:00 p.m.	Open Muay Thai 7:00 – 7:30 p.m.	Boxing 7:00 – 8:00 p.m.	<u>Fundamentals</u> No-Gi BJJ 7:00 – 8:30 p.m.	Competition Training* 7:00 – 8:30 p.m.	<u>Fundamentals</u> BJJ (Gi recommended) 12:00 – 1:00 p.m.	Open Mat 11:00 – 1:00 p.m.
Open Boxing 8:00 – 8:30 p.m.	No-Gi BJJ 7:30 – 9:00 p.m.	Yoga 8:10 – 9:10 p.m.	<u>Advanced</u> No-Gi BJJ 8:30 – 9:30 p.m.		Open Mat 1:00 – 1:30 p.m.	

* This is an advanced class, please speak to an instructor before attending
Please note all classes will end 5 minutes before the scheduled end time to allow for cleaning of the mats