

San Diego Combat Academy | 10th Planet San Diego

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength & Conditioning 5:30 - 6:00 AM		Strength & Conditioning 5:30 - 6:00 AM		Strength & Conditioning 5:30 - 6:00 AM		
10th Planet Jiu Jitsu 6:00 - 7:30 AM	10th Planet Jiu Jitsu 6:00 - 7:30 AM	10th Planet Jiu Jitsu 6:00 - 7:30 AM	10th Planet Jiu Jitsu 6:00 - 7:30 AM	10th Planet Jiu Jitsu 6:00 - 7:30 AM	Kid's Jiu Jitsu 8:00 - 9:00 AM	
Muay Thai 6:00 - 7:00 AM	10th Planet Jiu Jitsu 10:00 - 11:00 AM	Muay Thai 6:00 - 7:00 AM	10th Planet Jiu Jitsu 10:00 - 11:00 AM	Muay Thai 6:00 - 7:00 AM	Kid's Team Training 9:00 - 10:00 AM	
Strength & Conditioning 9:00 - 10:00 AM	MMA 11:00 AM - 12:00 PM	Strength & Conditioning 9:00 - 10:00 AM	MMA 11:00 AM - 12:00 PM	Strength & Conditioning 9:00 - 10:00 AM	Strength & Conditioning 9:00 - 10:00 AM	
10th Planet Jiu Jitsu 10:00 - 11:00 AM	Jiu Jitsu Fundamentals 12:00 - 1:00 PM	10th Planet Jiu Jitsu 10:00 - 11:00 AM	Jiu Jitsu Fundamentals 12:00 - 1:00 PM	Jiu Jitsu Open Roll 10:00 - 11:00 AM	Boxing 10:00 - 11:00 AM	Muay Thai 10:00 - 11:00 AM
MMA Team Training 11:00 AM - 12:00 PM	Muay Thai 12:00 - 1:00 PM	MMA Team Training 11:00 AM - 12:00 PM	Muay Thai 12:00 - 1:00 PM	MMA Team Training 11:00 AM - 12:00 PM	Jiu Jitsu Fundamentals 10:00 - 11:00 AM	
Muay Thai 12:00 - 1:00 PM	Kid's Wrestling 4:15 - 5:00 PM	Muay Thai 12:00 - 1:00 PM	Kid's Wrestling 4:15 - 5:00 PM	Muay Thai 12:00 - 1:00 PM	Kid's MMA 10:00 - 11:00 AM	
Kid's Jiu Jitsu 4:15 - 5:00 PM	10th Planet Jiu Jitsu 4:30 - 5:30 PM	Kid's Jiu Jitsu 4:15 - 5:00 PM	10th Planet Jiu Jitsu 4:30 - 5:30 PM	Kid's Jiu Jitsu 4:15 - 5:00 PM	MMA 11:00 AM - 12:00 PM	
10th Planet Jiu Jitsu 4:30 - 5:30 PM	Muay Thai 4:30 - 5:30 PM	10th Planet Jiu Jitsu 4:30 - 5:30 PM	Muay Thai 4:30 - 5:30 PM	10th Planet Jiu Jitsu 4:30 - 5:30 PM	Muay Thai 12:00 - 1:00 PM	
Muay Thai 4:30 - 5:30 PM	Kid's MMA 5:00 - 6:00 PM	Muay Thai 4:30 - 5:30 PM	Kid's MMA 5:00 - 6:00 PM	Muay Thai 4:30 - 5:30 PM	10th Planet Jiu Jitsu 12:00 - 1:30 PM	
Kid's Beginner Jiu Jitsu 5:00 - 6:00 PM	Boxing 5:30 - 6:00 PM	Kid's Team Training 5:00 - 6:00 PM	Boxing 5:30 - 6:00 PM	Kid's Beginner Jiu Jitsu 5:00 - 6:00 PM		
Strength & Conditioning 5:30 - 6:00 PM	MMA 5:30 - 6:30 PM	Strength & Conditioning 5:30 - 6:00 PM	MMA 5:30 - 6:30 PM	Strength & Conditioning 5:30 - 6:00 PM		Monday-Thursday 6am-9pm Friday 6am-8pm Saturday 8am-2pm Sunday 10am-12pm
MMA 5:30 - 6:30 PM	Wrestling 5:30 - 6:30 PM	MMA 5:30 - 6:30 PM	Wrestling 5:30 - 6:30 PM	MMA Sparring 5:30 - 6:30 PM		
Women's Jiu Jitsu 5:30 - 6:30 PM	Kid's Jiu Jitsu 6:00 - 7:00 PM		Kid's Jiu Jitsu 6:00 - 7:00 PM	Women's Jiu Jitsu 5:30 - 6:30 PM		
Kid's Advanced Jiu Jitsu 6:00 - 7:00 PM	Beginner Jiu Jitsu 6:30 - 8:00 PM	Kid's Advanced Jiu Jitsu 6:00 - 7:00 PM	Beginner Jiu Jitsu 6:30 - 8:00 PM	Kid's Advanced Jiu Jitsu 6:00 - 7:00 PM		
Advanced Jiu Jitsu 6:30 - 8:00 PM	Advanced Jiu Jitsu 6:30 - 8:00 PM	Advanced Jiu Jitsu 6:30 - 8:00 PM	Advanced Jiu Jitsu 6:30 - 8:00 PM	Advanced Jiu Jitsu 6:30 - 8:00 PM		
Muay Thai 7:00 - 8:00 PM	Muay Thai 7:00 - 8:00 PM	Muay Thai 7:00 - 8:00 PM	Muay Thai 7:00 - 8:00 PM	Muay Thai Sparring 7:00 - 8:00 PM		
Combat Conditioning 8:00 - 8:30 PM	Combat Conditioning 8:00 - 8:30 PM	Combat Conditioning 8:00 - 8:30 PM	Combat Conditioning 8:00 - 8:30 PM			