

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No-Gi Jiu Jitsu 6:00 - 7:00 AM	Gi Jiu Jitsu 6:00 - 7:00 AM	No-Gi Jiu Jitsu 6:00 - 7:00 AM	Gi Jiu Jitsu 6:00 - 7:00 AM	No-Gi Jiu Jitsu 6:00 - 7:00 AM	Monday-Friday 6am-12pm, 4pm-8pm Saturday 8am-12pm	
Boxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM		
Muay Thai 7:00 - 8:00 AM	Muay Thai 7:00 - 8:00 AM	Muay Thai 7:00 - 8:00 AM	Muay Thai 7:00 - 8:00 AM	Muay Thai 7:00 - 8:00 AM	No-Gi Jiu Jitsu 9:00 - 10:00 AM	
		Vinyasa Yoga 8:00 - 9:00 AM			Muay Thai 9:00 - 10:00 AM	
					Kid's Boxing (4-15 Yrs) 9:00 - 10:00 AM	
No-Gi Jiu Jitsu 9:00 - 10:00 AM	Gi Jiu Jitsu 9:00 - 10:00 AM	No-Gi Jiu Jitsu 9:00 - 10:00 AM	Gi Jiu Jitsu 9:00 - 10:00 AM	No-Gi Jiu Jitsu 9:00 - 10:00 AM		
Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Kid's Jiu Jitsu (4-15 Yrs) 10:00 - 11:00 AM	
					Boxing 10:00 - 11:00 AM	
Strength & Conditioning 10:00 - 11:00 AM	Strength & Conditioning 10:00 - 11:00 AM	Strength & Conditioning 10:00 - 11:00 AM	Strength & Conditioning 10:00 - 11:00 AM	Strength & Conditioning 10:00 - 11:00 AM	Strength & Conditioning 10:00 - 11:00 AM	
Muay Thai 11:00 AM - 12:00 PM	Muay Thai 11:00 AM - 12:00 PM	Muay Thai 11:00 AM - 12:00 PM	Muay Thai 11:00 AM - 12:00 PM	Muay Thai 11:00 AM - 12:00 PM	Sparring 11:00 AM - 12:00 PM	