

San Diego Combat Academy

Adult Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Monday-Friday 6am-12pm, 4pm-8pm Saturday 8am-12pm Sunday 9:30am-12pm	
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		
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	Open Gym 8:00 - 9:00 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	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	Muay Thai 9:00 - 10:00 AM	Gi/No-Gi Jiu Jitsu 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	Boxing 10:00 - 11:00 AM	Boxing/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	Muay Thai 11:00 AM - 12:00 PM	Strength & Conditioning 10:00 - 11:00 AM	
No-Gi Jiu Jitsu 4:30 - 5:30 PM	No-Gi Jiu Jitsu 4:30 - 5:30 PM	No-Gi Jiu Jitsu 4:30 - 5:30 PM	No-Gi Jiu Jitsu 4:30 - 5:30 PM	No-Gi Jiu Jitsu 4:30 - 5:30 PM		
Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM		
Kickboxing 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM	Kickboxing 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM	Kickboxing 5:00 - 6:00 PM		
Muay Thai (Advanced) 6:00 - 7:00 PM	Boxing Fundamentals 5:00 - 5:45 PM	Muay Thai (Advanced) 6:00 - 7:00 PM	Boxing Fundamentals 5:00 - 5:45 PM	Muay Thai (Advanced) 6:00 - 7:00 PM		
Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM	Boxing/Sparring 6:00 - 7:00 PM		
Wrestling 6:00 - 7:00 PM	Judo 6:00 - 7:00 PM	Wrestling 6:00 - 7:00 PM	Judo 6:00 - 7:00 PM			
	Gi Jiu Jitsu 7:00 - 8:00 PM	Gi Jiu Jitsu 7:00 - 8:00 PM	Gi Jiu Jitsu 7:00 - 8:00 PM			
	MMA 7:00 - 8:00 PM		MMA 7:00 - 8:00 PM			