

San Diego Combat Academy

Adult Schedule

| 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 Sunday 9:30am-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 | 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 | Open Gym 8:00 - 9:00 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 | No-Gi Jiu Jitsu 9:00 - 10:00 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 9:00 - 10:00 AM | Gi/No-Gi Jiu Jitsu 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 | Boxing 10:00 - 11:00 AM | Boxing/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 | | | |
| | OTX Tactics 7:00 - 8:00 PM | | | | | |