



	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			
ROOM >>>	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	<< << ROOM
6:45		Open Gym			Open Gym			Open Gym			Open Gym			Open Gym								6:45
7:00	Muay Thai 06:30			Muay Thai 06:30			Muay Thai 06:30			Muay Thai Sparring 06:30			Muay Thai 06:30									7:00
7:15		BJJ (Purple) 06:45			BJJ (Blue) 06:45			BJJ (Purple) 06:45			BJJ (Blue) 06:45			BJJ (Purple) 06:45								7:15
7:30			Boxing (I) 07:00			Muay Thai 07:00						Muay Thai 07:00										7:30
7:45																						7:45
8:00	Muay Thai 07:30				Boxing (I) 07:30			Muay Thai Sparring 07:30			Boxing (I) 07:30			Muay Thai 07:30				Open Gym		Open Gym		8:00
8:15		BJJ (Blue) 07:45			BJJ (Purple) 07:45			BJJ (Blue) 07:45			BJJ (Purple) 07:45			BJJ (Blue) 07:45								8:15
8:30			WarriorFit 08:00			WarriorFit 08:00					WarriorFit 08:00							Muay Thai (Women) 08:15				8:30
8:45																						8:45
9:00																						9:00
9:15					Yoga 08:45						Yoga 08:45											9:15
9:30																						9:30
9:45																						9:45
10:00	Fighters Program 08:30				Fighters Program 08:30			Fighters Program 08:30			Fighters Program 08:30			Fighters Program 08:30								10:00
10:15		Open Gym			Open Gym			Open Gym			Open Gym			Open Gym								10:15
10:30																						10:30
10:45																						10:45
11:00																						11:00
11:15																						11:15
11:30	Muay Thai 11:15				BJJ (Purple) 11:00			Muay Thai 11:15			BJJ (Blue) 11:15			Muay Thai 11:15								11:30
11:45		BJJ (Blue) 11:15																				11:45
12:00																						12:00
12:15																						12:15
12:30	Boxing (I) 12:00							Boxing (I) 12:00														12:30
12:45		BJJ (Blue) 12:15			BJJ (Blue) 12:00			BJJ (Blue) 12:15			BJJ (Blue) 12:00			BJJ (Blue) 12:15								12:45
13:00			WarriorFit 12:30			WarriorFit 12:30					WarriorFit 12:30											13:00
13:15	Muay Thai 12:45																					13:15
13:30					BJJ (Blue) 13:00						BJJ (Blue) 13:00											13:30
13:45	Muay Thai Sparring 13:30				Boxing (I) 13:15			Muay Thai Sparring 13:30			Boxing (I) 13:15			Muay Thai Sparring 13:30								13:45
14:00		BJJ (Purple) 13:15																				14:00
14:15																						14:15
14:30		BJJ Randori 14:15						BJJ Randori 14:15			BJJ No Gi 14:00			BJJ Randori 14:15								14:30
14:45																						14:45
15:00	Fighters Program 14:15				Fighters Program 14:15			Fighters Program 14:15			Fighters Program 14:15			Fighters Program 14:15								15:00
15:15		Open Gym			Open Gym			Open Gym			Open Gym			Open Gym								15:15
15:30																						15:30
15:45		Open Gym			Open Gym			Open Gym			Open Gym			Open Gym								15:45
16:00																						16:00
16:15	Muay Thai 16:00							Muay Thai Sparring 15:45			BJJ (Blue) 16:00			Muay Thai 16:00								16:15
16:30			Boxing (I) 16:15																			16:30
16:45																						16:45
17:00		BJJ (Blue) 16:45			Boxing (I) 16:45			Boxing (I) 16:45			Boxing (I) 16:45			Boxing (I) 16:45								17:00
17:15																						17:15
17:30	Muay Thai 17:00																					17:30
17:45			WarriorFit 17:15																			17:45
18:00																						18:00
18:15		BJJ (Blue) 17:45																				18:15
18:30																						18:30
18:45																						18:45
19:00																						19:00
19:15		BJJ (Purple) 18:45																				19:15
19:30	Muay Thai 19:00																					19:30
19:45																						19:45
20:00																						20:00
20:15		BJJ (Blue) 19:45			Boxing (I) 19:45			Boxing (I) 19:45			Boxing (I) 19:45			Boxing (I) 19:45								20:15
20:30																						20:30
20:45	Boxing (I) 20:00							Boxing (I) 20:00			BJJ (Purple) 20:00			Muay Thai 20:30								20:45
21:00																						21:00
21:15		BJJ (Purple) 20:45																				21:15
21:30	Muay Thai 21:00																					21:30
21:45																						21:45
22:00																						22:00
22:15		Wrestling 21:45																				22:15
22:30			Open Gym																			22:30
22:45																						22:45
23:00		Open Gym																				23:00
23:15																						23:15

Legend:

- Muay Thai Beginner / Level I
- Muay Thai Level II - V
- Muay Thai Level III - V
- Boxing Beginner / Level I
- Boxing Level II
- BJJ Blue: Beginner
- BJJ Purple/No-Gi: 3 Stripes White Belt & Higher
- BJJ Black: 2 stripes Blue Belt & Higher