

ROOM >>>	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	
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						Boxing (I) 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								8:00
8:15		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								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 (Blue) 11:00			Muay Thai 11:15			BJJ (Blue) 11:15			Muay Thai 11:15								11:30
11:45		BJJ (Blue) 11:15				Muay Thai 11:15								BJJ (Black) 11:00								11:45
12:00			Muay Thai 11:45			Muay Thai 11:30																12:00
12:15	Boxing (I) 12:00					Boxing (I) 12:00								Boxing (I) 12:00								12:15
12:30		BJJ (Blue) 12:15			BJJ (Purple) 12:00			BJJ (Blue) 12:15			BJJ (Purple) 12:00			BJJ (Blue) 12:15								12:30
12:45			WarriorFit 12:30			WarriorFit 12:30								WarriorFit 12:30								12:45
13:00	Muay Thai 12:45																					13:00
13:15																						13:15
13:30																						13:30
13:45	Muay Thai Sparring 13:30				Boxing (I) 13:15			Muay Thai Sparring 13:30			BJJ (Purple) 13:15			Muay Thai Sparring 13:30								13:45
14:00		BJJ (Purple) 13:15				WarriorFit (II) 13:15								WarriorFit (II) 13:15								14:00
14:15																						14:15
14:30		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														15:45
16:00																						16:00
16:15	Muay Thai 15:45							Muay Thai Sparring 15:45			BJJ (Blue) 16:00			Muay Thai 16:00								16:15
16:30																						16:30
16:45			Boxing (I) 16:15																			16:45
17:00	Muay Thai 16:45																					17:00
17:15		BJJ (Blue) 17:00																				17:15
17:30			WarriorFit 17:15																			17:30
17:45																						17:45
18:00																						18:00
18:15	Boxing (I) 17:45																					18:15
18:30		BJJ (Blue) 18:00																				18:30
18:45			Muay Thai 18:15																			18:45
19:00																						19:00
19:15	Muay Thai 18:45																					19:15
19:30		BJJ (Purple) 19:00																				19:30
19:45			Muay Thai 19:15																			19:45
20:00																						20:00
20:15	Boxing (I) 19:45																					20:15
20:30		BJJ (Blue) 20:00																				20:30
20:45			Muay Thai 20:15																			20:45
21:00																						21:00
21:15	Muay Thai 20:45																					21:15
21:30		BJJ (Purple) 21:00																				21:30
21:45			Muay Thai Sparring 21:15																			21:45
22:00																						22:00
22:15	Boxing (II) 21:45																					22:15
22:30		Wrestling 22:00																				22:30
22:45			Muay Thai Clinching 22:15																			22:45
23:00																						23:00
23:15	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	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