



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						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	Open Gym	Muay Thai 07:45	Open Gym	Open Gym	8:00
8:15		BJJ (Blue) 07:45			BJJ (Purple) 07:45			BJJ (Blue) 07:45			BJJ No Gi 07:45			BJJ (Blue) 07:45								8:15
8:30			WarriorFit 08:00			WarriorFit 08:00			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									BJJ Competitors Program 08:30	Boxing (I) 08:30	9:00
9:30																						9:15
9:45	Fighters Program 08:30			Fighters Program 08:30			Fighters Program 08:30			Fighters Program 08:30			Fighters Program 08:30									9:30
10:00		Open Gym			Open Gym			Open Gym			Open Gym			Open Gym								9:45
10:15																						10:00
10:30																						10:15
10:45																						10:30
11:00																						10:45
11:15																						11:00
11:30	Muay Thai 11:15			Muay Thai 11:15			Muay Thai 11:15			Muay Thai 11:15			Muay Thai 11:15									11:15
11:45		BJJ (Blue) 11:15			BJJ (Blue) 11:00			BJJ (Blue) 11:15			BJJ (Blue) 11:00			BJJ (Blue) 11:15								11:30
12:00						Muay Thai 11:30																11:45
12:15			Muay Thai 11:45				Boxing (I) 12:00															12:00
12:30	Boxing (I) 12:00				BJJ (Purple) 12:00			BJJ (Blue) 12:15			BJJ (Purple) 12:00			BJJ (Blue) 12:15								12:15
12:45			WarriorFit 12:30			WarriorFit 12:30			WarriorFit 12:30			WarriorFit 12:30			WarriorFit 12:30							12:30
13:00																						12:45
13:15	Muay Thai 12:45																					13:00
13:30		BJJ (Blue) 12:15			BJJ (Blue) 13:00			BJJ (Blue) 13:15			BJJ (Blue) 13:00			BJJ (Blue) 13:15								13:15
13:45			WarriorFit (II) 13:15			WarriorFit (II) 13:15			WarriorFit (II) 13:15			WarriorFit (II) 13:15			WarriorFit (II) 13:15							13:30
14:00	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
14:15		BJJ (Purple) 13:15			BJJ No Gi 14:00			BJJ (Purple) 13:15			BJJ No Gi 14:00			BJJ (Purple) 13:15								14:00
14:30																						14:15
14:45																						14:30
15:00	Fighters Program 14:15			Fighters Program 14:15			Fighters Program 14:15			Fighters Program 14:15			Fighters Program 14:15									14:45
15:15		Open Gym			Open Gym			Open Gym			Open Gym			Open Gym								15:00
15:30																						15:15
15:45		Open Gym						Open Gym						Open Gym								15:30
16:00																						15:45
16:15	Muay Thai 15:45			Muay Thai Sparring 15:45			Muay Thai 15:45			Muay Thai Sparring 15:45			Muay Thai 15:45									16:00
16:30					BJJ (Blue) 16:00			BJJ (Blue) 16:00			BJJ (Blue) 16:00			BJJ (Blue) 16:00								16:15
16:45			Boxing (I) 16:15			Boxing (II) Sparring 16:30																16:30
17:00																						16:45
17:15	Muay Thai 16:45			Boxing (I) 16:45			Muay Thai 16:45			Boxing (I) 16:45			Boxing (I) 16:45									17:00
17:30		BJJ (Blue) 17:00			BJJ (Purple) 17:00			BJJ (Blue) 17:00			BJJ (Purple) 17:00			BJJ (Blue) 17:00								17:15
17:45			WarriorFit 17:15					WarriorFit 17:15			WarriorFit 17:15			WarriorFit 17:15								17:30
18:00																						17:45
18:15	Boxing (I) 17:45						Boxing (I) 17:45			Boxing (I) 17:45			Boxing (I) 17:45									18:00
18:30		BJJ (Blue) 18:00			BJJ (Blue) 18:00			BJJ (Blue) 18:00			BJJ (Blue) 18:00			BJJ (Blue) 18:00								18:15
18:45																						18:30
19:00																						18:45
19:15	Muay Thai 18:45																					19:00
19:30		BJJ (Purple) 19:00			BJJ (Blue) 19:00			BJJ (Purple) 19:00			BJJ (Blue) 19:00			BJJ (Purple) 19:00								19:15
19:45																						19:30
20:00																						19:45
20:15	Boxing (I) 19:45						Boxing (I) 19:45			Boxing (I) 19:45			Boxing (I) 19:45									20:00
20:30		BJJ (Purple) 20:00			BJJ (Purple) 20:00			BJJ (Purple) 20:00			BJJ (Purple) 20:00			BJJ (Purple) 20:00								20:15
20:45																						20:30
21:00																						20:45
21:15	Muay Thai 20:45																					21:00
21:30		BJJ (Blue) 21:00						BJJ (Blue) 21:00														21:15
21:45			Muay Thai Sparring 21:15					Muay Thai 21:15														21:30
22:00																						21:45
22:15	Boxing (II) 21:45			Boxing (I) 21:45				Boxing (II) Sparring 21:45														22:00
22:30		Wrestling 22:00			Open Gym			MMA 22:00														22:15
22:45																						22:30
23:00		Open Gym			Open Gym			Open Gym						Open Gym								22:45
23:15			Open Gym					Open Gym						Open Gym								23:00

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