



	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																						6:45	
7:00	Boxing (I) 06:30	BJJ (Purple) Techniques 06:30	Muay Thai 06:30	Boxing (I) 06:45	BJJ (Blue) Techniques 06:45	Muay Thai 06:45	Boxing (I) 06:30	BJJ (Purple) Mobility 06:30	Muay Thai 06:30	Boxing (I) 06:45	BJJ (Blue) Mobility 06:45	Muay Thai 06:45	Boxing (I) 06:30	BJJ (Purple) Techniques 06:30	Muay Thai 06:30							7:00	
7:15																							7:15
7:30																							7:30
7:45																							7:45
8:00	Muay Thai 07:30	BJJ (Blue) Mobility 07:30	WarriorFit 07:30	Muay Thai 07:45	BJJ (Purple) Techniques 07:45	WarriorFit 07:45	Muay Thai 07:30	BJJ (Blue) Techniques 07:30	WarriorFit 07:30	Muay Thai 07:45	BJJ (Purple) Techniques 07:45	WarriorFit 07:45	Muay Thai 07:30	BJJ (Blue) Mobility 07:30	WarriorFit 07:30	Muay Thai 07:30	BJJ (Blue) Techniques 07:30	Muay Thai 07:30	Muay Thai 07:30	BJJ (Blue) Mobility 07:30	Muay Thai 07:30	8:00	
8:15																							8:15
8:30																							8:30
8:45																							8:45
9:00		BJJ (Purple) Techniques 08:30	WarriorFit (II) 08:30		BJJ (Blue) Mobility 08:45	WarriorFit (II) 08:45		BJJ (Purple) Mobility 08:30	WarriorFit (II) 08:30		BJJ (Blue) Mobility 08:45	WarriorFit (II) 08:45		BJJ (Purple) Techniques 08:30	WarriorFit (II) 08:30	Muay Thai 08:30 (Women)	BJJ (Blue) Mobility 08:30	Muay Thai 08:30	Muay Thai 08:30	BJJ (Purple) Techniques 08:30	Muay Thai 08:30	9:00	
9:15	Fighters Program 08:30			Fighters Program 08:45			Fighters Program 08:30			Fighters Program 08:30			Fighters Program 08:30										9:15
9:30																							9:30
9:45		BJJ (Blue) Mobility 09:30	Muay Thai 09:30		BJJ (Purple) Techniques 09:45	Muay Thai 09:45		BJJ (Blue) Techniques 09:30	Muay Thai 09:30		BJJ (Purple) Techniques 09:45	Muay Thai 09:45		BJJ (Blue) Mobility 09:30	Muay Thai 09:30	Boxing (I) 09:30	BJJ (Purple) Techniques 09:30	Muay Thai 09:30	Boxing (I) 09:30	BJJ (Blue) Mobility 09:30	Muay Thai 09:30	9:45	
10:00																							10:00
10:15																							10:15
10:30																							10:30
10:45																							10:45
11:00																							11:00
11:15	Muay Thai 11:00	BJJ (Blue) Techniques 11:00	Muay Thai 11:00	Muay Thai 11:15	BJJ (Blue) Mobility 11:15	Boxing (I) 11:15	Muay Thai 11:00	BJJ (Blue) Mobility 11:00	Muay Thai 11:00	Muay Thai 11:15	BJJ (Blue) Mobility 11:15	Boxing (I) 11:15	Muay Thai 11:00	BJJ (Blue) Techniques 11:00	Muay Thai 11:00							11:15	
11:30																							11:30
11:45																							11:45
12:00																							12:00
12:15		BJJ (Blue) Mobility 12:00	Boxing (I) 12:00				Muay Thai 12:00	BJJ (Blue) Mobility 12:00	Boxing (I) 12:00				Muay Thai 12:00	BJJ (Blue) Mobility 12:00	Boxing (I) 12:00							12:15	
12:30	Muay Thai 12:00			Muay Thai 12:15	BJJ (Purple) Mobility 12:15	Muay Thai 12:15				Muay Thai 12:15	BJJ (Purple) Mobility 12:15	Muay Thai 12:15										12:30	
12:45																							12:45
13:00																							13:00
13:15																							13:15
13:30	Muay Thai 13:00	BJJ (Purple) Techniques 13:00	WarriorFit 13:00	Muay Thai 13:15	BJJ (Blue) Mobility 13:15	WarriorFit 13:15	Muay Thai 13:00	BJJ (Purple) Mobility 13:00	WarriorFit 13:00	Muay Thai 13:15	BJJ (Blue) Mobility 13:15	WarriorFit 13:15	Muay Thai 13:00	BJJ (Purple) Techniques 13:00	WarriorFit 13:00							13:30	
13:45																							13:45
14:00																							14:00
14:15	Boxing (I) 14:00	BJJ (Blue) Mobility 14:00		Boxing (I) 14:15	BJJ (No-Gi) Mobility 14:15		Boxing (I) 14:00	BJJ (Blue) Techniques 14:00		Boxing (I) 14:15	BJJ (No-Gi) Techniques 14:15		Boxing (I) 14:00	BJJ (Blue) Mobility 14:00								14:15	
14:30																							14:30
14:45																							14:45
15:00																							15:00
15:15	Muay Thai 15:00	BJJ (Blue) Techniques 15:00					Muay Thai 15:00	BJJ (Blue) Mobility 15:00		Muay Thai 15:15	BJJ (Blue) Techniques 15:15		Muay Thai 15:00	BJJ (Blue) Techniques 15:00								15:15	
15:30																							15:30
15:45																							15:45
16:00																							16:00
16:15	Muay Thai 16:00	BJJ (Blue) Mobility 16:00	WarriorFit 16:00	Muay Thai 16:15	BJJ (Purple) Mobility 16:15	Boxing (I) 16:15	Muay Thai 16:00	BJJ (Blue) Mobility 16:00	WarriorFit 16:00	Muay Thai 16:15	BJJ (Purple) Techniques 16:15	Boxing (I) 16:15	Muay Thai 16:00	BJJ (Blue) Mobility 16:00	WarriorFit 16:00							16:15	
16:30																							16:30
16:45																							16:45
17:00																							17:00
17:15																							17:15
17:30	Boxing (I) 17:00	BJJ (Blue) Mobility 17:00	Muay Thai 17:00	Muay Thai 17:15	BJJ (Blue) Mobility 17:15	WarriorFit 17:15	Boxing (I) 17:00	BJJ (Blue) Mobility 17:00	Muay Thai 17:00	Muay Thai 17:15	BJJ (Blue) Mobility 17:15	WarriorFit 17:15	Boxing (I) 17:00	BJJ (Blue) Mobility 17:00	Muay Thai 17:00							17:30	
17:45																							17:45
18:00																							18:00
18:15																							18:15
18:30	Muay Thai 18:00	BJJ (Purple) Mobility 18:00	WarriorFit 18:00	Muay Thai 18:15	BJJ (Blue) Mobility 18:15	Muay Thai 18:15	Muay Thai 18:00	BJJ (Purple) Mobility 18:00	WarriorFit 18:00	Muay Thai 18:15	BJJ (Blue) Mobility 18:15	Muay Thai 18:15	Muay Thai 18:00	BJJ (Purple) Mobility 18:00	WarriorFit 18:00							18:30	
18:45																							18:45
19:00																							19:00
19:15																							19:15
19:30	Muay Thai 19:00	BJJ (Blue) Mobility 19:00	Muay Thai 19:00	Muay Thai 19:15	BJJ (Purple) Mobility 19:15	WarriorFit 19:15	Muay Thai 19:00	BJJ (Blue) Mobility 19:00	Muay Thai 19:00	Muay Thai 19:15	BJJ (Purple) Mobility 19:15	WarriorFit 19:15	Muay Thai 19:00	BJJ (Blue) Mobility 19:00	Muay Thai 19:00							19:30	
19:45																							19:45
20:00																							20:00
20:15	Boxing (I) 20:00	BJJ (Purple) Techniques 20:00	Muay Thai 20:00	Muay Thai 20:15	BJJ (Blue) Mobility 20:15	Boxing (I) 20:15	Boxing (I) 20:00	BJJ (Purple) Techniques 20:00	Muay Thai 20:00	Muay Thai 20:15	BJJ (Blue) Mobility 20:15	Boxing (I) 20:15	Muay Thai 20:00	BJJ (No-Gi) Techniques 20:00	Muay Thai 20:00							20:15	
20:30																							20:30
20:45																							20:45
21:00																							21:00
21:15																							21:15
21:30	Muay Thai 21:00	BJJ (Blue) Techniques 21:00	Muay Thai 21:00	Muay Thai 21:15	BJJ (Purple) Techniques 21:15	Muay Thai 21:15	Muay Thai 21:00	BJJ (Blue) Techniques 21:00	Muay Thai 21:00	Muay Thai 21:15	BJJ (Purple) Techniques 21:15	Muay Thai 21:15	Muay Thai 21:00	BJJ (Blue) Mobility 21:00	Boxing (I) 21:00							21:30	
21:45																							21:45
22:00																							22:00

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 Mobility (Beginner) - Solo Drills
- BJJ Blue Techniques (Beginner) - Grappling Dummy
- BJJ Purple/No-Gi Mobility - Solo Drills (3 stripe white belt and higher)
- BJJ Purple/No-Gi Techniques - Grappling Dummy (3 stripe white belt and higher)
- BJJ Black: 2 stripes Blue Belt & higher