



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