



	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			<<	<<< ROOM
ROOM >>>	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	>>>	
6:45																						6:45	
7:00	Boxing (I)	BJJ (Purple) Techniques	Muay Thai	Boxing (I)	BJJ (Blue) Techniques	Muay Thai	Boxing (I)	BJJ (No-Gi) Techniques	Muay Thai	Boxing (I)	BJJ (Blue) Techniques	Muay Thai	Boxing (I)	BJJ (Purple) Techniques	Muay Thai							7:00	
7:15																							7:15
7:30																							7:30
7:45																							7:45
8:00	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Purple) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Purple) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Mobility	Muay Thai	8:00	
8:15																							8:15
8:30																							8:30
8:45																							8:45
9:00	Muay Thai	BJJ (Purple) Techniques		Muay Thai	BJJ (Blue) Techniques		Muay Thai	BJJ (Purple) Techniques		Muay Thai	BJJ (Blue) Techniques		Muay Thai	BJJ (Purple) Techniques		Muay Thai	BJJ (Blue) Mobility	Muay Thai	Muay Thai	BJJ (Purple) Techniques	Muay Thai	9:00	
9:15																							9:15
9:30																							9:30
9:45	BJJ (Blue) Mobility		Fighters Program	BJJ (Purple) Mobility		Fighters Program	BJJ (Blue) Mobility		Fighters Program	BJJ (Purple) Mobility		Fighters Program	BJJ (Blue) Mobility		Fighters Program	Boxing (I)	BJJ (Purple) Techniques	Muay Thai	Boxing (I)	BJJ (Blue) Mobility	Muay Thai	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	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	Boxing (I)	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	Boxing (I)	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (No-Gi) Techniques	Muay Thai	Muay Thai	BJJ (No-Gi) Techniques	Muay Thai	11:15	
11:30																							11:30
11:45																							11:45
12:00																							12:00
12:15	Muay Thai	BJJ (Blue) Techniques	Boxing (I)	Muay Thai	BJJ (Purple) Techniques	Muay Thai Sparring	Muay Thai	BJJ (Blue) Techniques	Boxing (I)	Muay Thai	BJJ (Blue) Techniques	Boxing (I)	Muay Thai	BJJ (Blue) Techniques	Boxing (I)							12:15	
12:30																							12:30
12:45																							12:45
13:00																							13:00
13:15	Muay Thai	BJJ (Purple) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Purple) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Purple) Techniques	WarriorFit	Boxing (II)	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Purple) Techniques	Boxing (I)	13:15	
13:30																							13:30
13:45																							13:45
14:00																							14:00
14:15	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)	BJJ (Blue) Mobility	Muay Thai	Muay Thai	BJJ (Purple) Techniques	Muay Thai	14:15	
14:30																							14:30
14:45																							14:45
15:00																							15:00
15:15	Muay Thai	BJJ (Blue) Techniques		Muay Thai	BJJ (No-Gi) Techniques		Muay Thai	BJJ (Blue) Techniques		Muay Thai	BJJ (Blue) Techniques		Muay Thai	BJJ (Blue) Techniques								15:15	
15:30																							15:30
15:45																							15:45
16:00																							16:00
16:15	Muay Thai	BJJ (Purple) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	Boxing (I)	Muay Thai	BJJ (No-Gi) Techniques	WarriorFit	Boxing (I)	BJJ (Blue) Techniques	Muay Thai Sparring	Muay Thai	BJJ (Purple) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	MMA	WarriorFit	16:15	
16:30																							16:30
16:45																							16:45
17:00																							17:00
17:15	Boxing (I)	BJJ (Purple) Techniques	Muay Thai	Muay Thai	BJJ (Purple) Techniques	WarriorFit	Boxing (I)	BJJ (Purple) Techniques	Muay Thai	Muay Thai	BJJ (Purple) Techniques	WarriorFit	Boxing (I)	BJJ (Purple) Techniques	Muay Thai	Muay Thai	MMA	Muay Thai	Muay Thai	Wrestling	Muay Thai	17:15	
17:30																							17:30
17:45																							17:45
18:00																							18:00
18:15																							18:15
18:30	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	WarriorFit							18:30	
18:45																							18:45
19:00																							19:00
19:15																							19:15
19:30	Muay Thai	BJJ (Blue) Mobility	Muay Thai	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Mobility	Muay Thai	Muay Thai	BJJ (Blue) Mobility	Muay Thai	Muay Thai	BJJ (Blue) Mobility	Muay Thai							19:30	
19:45																							19:45
20:00																							20:00
20:15	Boxing (I)	BJJ (Purple) Techniques	Muay Thai	Muay Thai	BJJ (Purple) Techniques	Boxing (I)	Boxing (I)	BJJ (Purple) Techniques	Muay Thai	Muay Thai	BJJ (No-Gi) Techniques	Muay Thai	Muay Thai	BJJ (No-Gi) Techniques	Muay Thai	Muay Thai	BJJ (No-Gi) Techniques	Muay Thai	Muay Thai	Muay Thai	Muay Thai	20:15	
20:30																							20:30
20:45																							20:45
21:00																							21:00
21:15	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	Muay Thai Sparring	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	Boxing (I)	Muay Thai	BJJ (Blue) Techniques	Boxing (I)							21:15	
21:30																							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