



	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)	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	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	7:45	
8:00																							8:00
8:15																							8:15
8:30																							8:30
8:45	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	8:45	
9:00																							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	Muay Thai	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	Boxing (II)	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		Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	Muay Thai	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 (Purple) Techniques	WarriorFit	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	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	Boxing (I)	18:15	
18:30																							18:30
18:45																							18:45
19:00																							19:00
19:15	Muay Thai	BJJ (Blue) Mobility	Muay Thai				Muay Thai	BJJ (Blue) Mobility	Muay Thai				Muay Thai	BJJ (Blue) Mobility	Muay Thai							19:15	
19:30																							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)	Muay Thai	BJJ (Purple) Techniques	Muay Thai	Muay Thai	BJJ (No-Gi) Techniques	Boxing (I)	Muay Thai	BJJ (No-Gi) Techniques	Muay Thai	Muay Thai	MMA	Muay Thai	Muay Thai	MMA	Boxing Sparring	20:15	
20:30																							20:30
20:45																							20:45
21:00																							21:00
21:15	Muay Thai	BJJ (Blue) Techniques	Muay Thai Sparring				Muay Thai	BJJ (Blue) Techniques	Muay Thai Sparring				Muay Thai	BJJ (Blue) Techniques	Boxing (I)							21:15	
21:30																							21:30
21:45																							21:45
22:00																							22:00

BJJ Blue Mobility (Beginner)
BJJ Blue Techniques (Beginner)
BJJ Purple (3 stripe white belt and above)
BJJ Purple/No-Gi Techniques (3 stripe white belt and higher)
Muay Thai Beginner / Level I
Muay Thai Level II - V
Muay Thai Level III - V
Boxing Beginner / Level I
Boxing Level II