



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

BJJ Blue Mobility (Beginner)
BJJ Blue Techniques (Beginner)
BJJ Purple (3 stripes white belt and above)
BJJ Purple/No-Gi Techniques (3 stripes 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