



	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) Grappling	Muay Thai	Boxing (I)	BJJ (Blue) Grappling	Muay Thai	Boxing (I)	BJJ (No-Gi) Grappling	Muay Thai	Boxing (I)	BJJ (Blue) Grappling	Muay Thai	Boxing (I)	BJJ (Purple) Grappling	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) Grappling	WarriorFit	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Purple) Grappling	WarriorFit	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	Muay Thai	8:00	
8:15																							8:15
8:30																							8:30
8:45																							8:45
9:00	Muay Thai	BJJ (Purple) Grappling		Muay Thai	BJJ (Blue) Grappling		Muay Thai	BJJ (Purple) Grappling		Muay Thai	BJJ (Blue) Grappling		Muay Thai	BJJ (Purple) Grappling		Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Purple) Grappling	Muay Thai	9:00	
9:15																							9:15
9:30																							9:30
9:45																							9:45
10:00	BJJ (Blue) Grappling		Fighters Program	BJJ (Purple) Grappling		Fighters Program	BJJ (Blue) Grappling		Fighters Program	BJJ (Purple) Grappling		Fighters Program	BJJ (Blue) Grappling		Fighters Program	Boxing (I)	BJJ (Purple) Grappling	Muay Thai	Boxing (I)	BJJ (Blue) Grappling	Muay Thai	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) Grappling	Muay Thai	Muay Thai	BJJ (No-Gi) Grappling	Muay Thai	11:15	
11:30																							11:30
11:45																							11:45
12:00																							12:00
12:15																							12:15
12:30	Muay Thai	BJJ (Blue) Grappling	Boxing (I)	Muay Thai	BJJ (Purple) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Boxing (I)	Muay Thai	BJJ (Purple) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Boxing (I)							12:30	
12:45																							12:45
13:00																							13:00
13:15																							13:15
13:30	Muay Thai	BJJ (Purple) Grappling	WarriorFit	Muay Thai	BJJ (Blue) Grappling	WarriorFit	Muay Thai	BJJ (Purple) Grappling	WarriorFit	Muay Thai	BJJ (Blue) Grappling	WarriorFit	Muay Thai	BJJ (Purple) Grappling	WarriorFit	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Purple) Grappling	Boxing (I)	13:30	
13:45																							13:45
14:00																							14:00
14:15																							14:15
14:30	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)		Fighters Program	Boxing (I)	BJJ (Purple) Grappling	WarriorFit	Muay Thai	BJJ (Blue) Grappling	WarriorFit	14:30	
14:45																							14:45
15:00																							15:00
15:15	Muay Thai	BJJ (Blue) Grappling		Muay Thai	BJJ (No-Gi) Grappling		Muay Thai	BJJ (Blue) Grappling		Muay Thai	BJJ (No-Gi) Grappling		Muay Thai	BJJ (Blue) Grappling		Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	15:15	
15:30																							15:30
15:45																							15:45
16:00																							16:00
16:15	Muay Thai	BJJ (Purple) Grappling	Muay Thai	Muay Thai	BJJ (Purple) Grappling	Boxing (I)	Muay Thai	BJJ (No Gi) Grappling	Muay Thai	Boxing (I)	BJJ (Purple) Grappling	Muay Thai	Muay Thai	BJJ (Purple) Grappling	WarriorFit	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	MMA	Muay Thai	16:15	
16:30																							16:30
16:45																							16:45
17:00																							17:00
17:15																							17:15
17:30	Boxing (I)	BJJ (Purple) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	WarriorFit	Boxing (I)	BJJ (Purple) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	WarriorFit	Boxing (I)	BJJ (Purple) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	17:30	
17:45																							17:45
18:00																							18:00
18:15																							18:15
18:30	Muay Thai	BJJ (Blue) Grappling	WarriorFit	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Blue) Techniques	WarriorFit	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	WarriorFit							18:30	
18:45																							18:45
19:00																							19:00
19:15																							19:15
19:30	Muay Thai	BJJ (Blue) Techniques	Muay Thai	Muay Thai	BJJ (Purple) Grappling	WarriorFit	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (No Gi) Grappling	WarriorFit	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (No Gi) Grappling	Muay Thai	19:30	
19:45																							19:45
20:00																							20:00
20:15	Boxing (I)	BJJ (Purple) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Boxing (I)	Boxing (I)	BJJ (Purple) Grappling	Muay Thai	Muay Thai	BJJ (No Gi) Grappling	Muay Thai	Muay Thai	BJJ (No Gi) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	20:15	
20:30																							20:30
20:45																							20:45
21:00																							21:00
21:15	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	Muay Thai	BJJ (Blue) Grappling	Muay Thai	21:15	
21:30																							21:30
21:45																							21:45
22:00																							22:00
22:15																							22:15
22:30	Muay Thai		Muay Thai	Muay Thai		Boxing (I)	Muay Thai		Muay Thai	Muay Thai		Boxing (I)	Muay Thai		Muay Thai							22:30	
22:45																							22:45
23:00																							23:00

BJJ Blue Mobility (Beginner)
BJJ Blue Techniques (Beginner)
Muay Thai Beginner / Level I

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

Boxing Beginner / Level I
Boxing Level II