



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) V 06:30	BJJ (Purple) V 06:30	Muay Thai V 06:30																			7:00
7:15																						7:15
7:30																						7:30
7:45																						7:45
8:00	Muay Thai V 07:30	BJJ (Blue) V 07:30	WarriorFit V 07:30																			8:00
8:15																						8:15
8:30																						8:30
8:45																						8:45
9:00	Muay Thai 08:30	BJJ (Purple) V 08:30																				9:00
9:15																						9:15
9:30																						9:30
9:45																						9:45
10:00	BJJ (Blue) 09:30		Fighters Program 09:15																			10:00
10:15																						10:15
10:30																						10:30
10:45																						10:45
11:00																						11:00
11:15	Muay Thai V 11:00	BJJ (Blue) V 11:00	Muay Thai V 11:00																			11:15
11:30																						11:30
11:45																						11:45
12:00																						12:00
12:15																						12:15
12:30	Muay Thai V 12:00	BJJ (Blue) 12:00 V	Boxing (I) V 12:00																			12:30
12:45																						12:45
13:00																						13:00
13:15	Muay Thai 13:00	BJJ (Purple) 13:00 V	WarriorFit 13:00																			13:15
13:30																						13:30
13:45																						13:45
14:00																						14:00
14:15	Boxing (I) V 14:00																					14:15
14:30																						14:30
14:45																						14:45
15:00																						15:00
15:15	Muay Thai 15:00	BJJ (Blue) 15:00																				15:15
15:30																						15:30
15:45																						15:45
16:00																						16:00
16:15	Muay Thai 16:00 V	BJJ (Purple) 16:00	Muay Thai 16:00																			16:15
16:30																						16:30
16:45																						16:45
17:00																						17:00
17:15	Boxing (I) 17:00	BJJ (Purple) 17:00 V	Muay Thai 17:00 V																			17:15
17:30																						17:30
17:45																						17:45
18:00																						18:00
18:15																						18:15
18:30	Muay Thai 18:00 V	BJJ (Blue) 18:00 V	WarriorFit V 18:00																			18:30
18:45																						18:45
19:00																						19:00
19:15	Muay Thai V 19:00	BJJ (Blue) 19:00 V	Muay Thai V 19:00																			19:15
19:30																						19:30
19:45																						19:45
20:00																						20:00
20:15																						20:15
20:30	Boxing (I) V 20:00	BJJ (Purple) V 20:00	Muay Thai 20:00 V																			20:30
20:45																						20:45
21:00																						21:00
21:15	Muay Thai V 21:00	BJJ (Blue) 21:00	Muay Thai Sparring V 21:00																			21:15
21:30																						21:30
21:45																						21:45
22:00																						22:00
22:15																						22:15
22:30	Muay Thai 22:00		Muay Thai Sparring V 22:00																			22:30
22:45																						22:45
23:00																						23:00

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