



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

	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