



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

	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)		Boxing Beginner / Level I
	BJJ Purple/No-Gi Techniques (3 stripe white belt and higher)		Boxing Level II