



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		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym	6:45
7:00	Muay Thai 06:30			Muay Thai 06:30			Muay Thai 06:30			Muay Thai 06:30			Muay Thai 06:30			Muay Thai 06:30			Muay Thai 06:30			7:00
7:15		BJJ (Purple) 06:45			BJJ (Blue) 06:45			BJJ (No-Gi) 06:45			BJJ (Blue) 06:45			BJJ (Purple) 06:45			BJJ (Purple) 06:45			BJJ (Blue) 06:45		7:15
7:30			Boxing (I) 07:00			Boxing (I) 07:00			Boxing (I) 07:00			Boxing (I) 07:00			Boxing (I) 07:00			Boxing (I) 07:00			Boxing (I) 07:00	7:30
7:45																						7:45
8:00	Muay Thai 07:30			Muay Thai 07:30			Muay Thai Sparring 07:30			Muay Thai 07:30			Muay Thai 07:30			Muay Thai 07:30			Muay Thai 07:30			8:00
8:15		BJJ (Blue) 07:45			BJJ (Purple) 07:45			BJJ (Blue) 07:45			BJJ (Purple) 07:45			BJJ (Blue) 07:45			BJJ (Blue) 07:45			BJJ (Blue) 07:45		8:15
8:30			WarriorFit 08:00			WarriorFit 08:00			WarriorFit 08:00			WarriorFit 08:00			WarriorFit 08:00			WarriorFit 08:00			WarriorFit 08:00	8:30
8:45																						8:45
9:00	Muay Thai 08:30		WarriorFit (II) 08:45	Muay Thai 08:30			Muay Thai 08:30			Muay Thai 08:30			Muay Thai 08:30			Muay Thai 08:30			Muay Thai 08:30			9:00
9:15		BJJ (Purple) 08:45			BJJ (Blue) 08:45			BJJ (Purple) 08:45			BJJ (Blue) 08:45			BJJ (Purple) 08:45			BJJ (Blue) 08:45			BJJ (Blue) 08:45		9:15
9:30																						9:30
9:45																						9:45
10:00																						10:00
10:15	Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			10:15
10:30		Open Gym		Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			10:30
10:45			Fighters Program			Fighters Program			Fighters Program			Fighters Program			Fighters Program			Fighters Program			Fighters Program	10:45
11:00																						11:00
11:15	Muay Thai 11:00			Muay Thai 11:00			Muay Thai 11:00			Muay Thai 11:00			Muay Thai 11:00			Muay Thai 11:00			Muay Thai 11:00			11:15
11:30		BJJ (Blue) 11:15			BJJ (Blue) 11:15			BJJ (Blue) 11:15			BJJ (Blue) 11:15			BJJ (Blue) 11:15			BJJ (No-Gi) 11:05			BJJ (Blue) 11:15		11:30
11:45			Muay Thai 11:30			Boxing (I) 11:30			Muay Thai 11:30			Boxing (I) 11:30			Muay Thai 11:30			Muay Thai 11:30			BJJ (No-Gi) 11:15	11:45
12:00	Muay Thai 11:45			Muay Thai 11:45			Muay Thai 11:45			Muay Thai 11:45			Muay Thai 11:45			Muay Thai 11:45			Muay Thai 11:45			12:00
12:15		BJJ (Blue) 12:15			BJJ (Purple) 12:15		Muay Thai 12:15			BJJ (Purple) 12:15			BJJ (Blue) 12:15			BJJ (Blue) 12:15			BJJ (Blue) 12:15			12:15
12:30			Boxing (I) 12:15			Boxing (I) 12:15			Boxing (I) 12:15			Boxing (I) 12:15			Boxing (I) 12:15			Boxing (I) 12:15			Boxing (I) 12:15	12:30
12:45	Muay Thai 12:30			Muay Thai 12:30			Muay Thai 12:30			Muay Thai 12:30			Muay Thai 12:30			Muay Thai 12:30			Muay Thai 12:30			12:45
13:00		BJJ (Blue) 12:15			BJJ (Purple) 12:15		Muay Thai 12:30			BJJ (Purple) 12:15			BJJ (Blue) 12:15			BJJ (Blue) 12:15			BJJ (Blue) 12:15			13:00
13:15			WarriorFit 13:00			WarriorFit 13:00				WarriorFit 13:00			WarriorFit 13:00			WarriorFit 13:00			WarriorFit 13:00			13:15
13:30	Boxing (I) 13:15			Boxing (I) 13:15			Boxing (I) 13:15			Boxing (I) 13:15			Boxing (I) 13:15			Boxing (I) 13:15			Boxing (I) 13:15			13:30
13:45		BJJ (Purple) 13:15			BJJ (Blue) 13:15			BJJ (Purple) 13:15			BJJ (Blue) 13:15			BJJ (Purple) 13:15			BJJ (Purple) 13:15			BJJ (Purple) 13:15		13:45
14:00																						14:00
14:15	Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			14:15
14:30		BJJ Randori 14:15			BJJ Randori 14:15			BJJ Randori 14:15			BJJ Randori 14:15			BJJ Randori 14:15			BJJ Randori 14:15			BJJ Randori 14:15		14:30
14:45																						14:45
15:00		Open Gym		Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			15:00
15:15	Muay Thai 15:00			Muay Thai 15:00			Muay Thai 15:00			Muay Thai 15:00			Muay Thai 15:00			Muay Thai 15:00			Muay Thai 15:00			15:15
15:30		BJJ (Blue) 15:15			BJJ (No-Gi) 15:15			BJJ (No-Gi) 15:15			BJJ (Blue) 15:15			BJJ (Blue) 15:15			BJJ (Blue) 15:15			BJJ (Purple) 15:15		15:30
15:45																						15:45
16:00																						16:00
16:15	Muay Thai 16:00			Muay Thai 16:00			Muay Thai 16:00			Muay Thai 16:00			Muay Thai 16:00			Muay Thai 16:00			Muay Thai 16:00			16:15
16:30		BJJ (Purple) 16:15			BJJ (No-Gi) 16:15			BJJ (Purple) 16:15			BJJ (Purple) 16:15			BJJ (Purple) 16:15			BJJ (Purple) 16:15			BJJ (Purple) 16:15		16:30
16:45			Muay Thai 16:30			WarriorFit 16:30			Muay Thai 16:30			WarriorFit 16:30			Muay Thai 16:30			Muay Thai 16:30			Muay Thai 16:30	16:45
17:00																						17:00
17:15	Boxing (I) 17:00			Muay Thai 17:00			Boxing (I) 17:00			Muay Thai 17:00			Boxing (I) 17:00			Boxing (I) 17:00			Boxing (I) 17:00			17:15
17:30		BJJ (Purple) 17:15			BJJ (Blue) 17:15			BJJ (Purple) 17:15			BJJ (Blue) 17:15			BJJ Randori 17:15			BJJ (Blue) 17:15			BJJ (Blue) 17:15		17:30
17:45			Muay Thai 17:30			Boxing (I) 17:30			Muay Thai 17:30			Boxing (I) 17:30			Muay Thai 17:30			Muay Thai 17:30			Boxing (I) 17:30	17:45
18:00																						18:00
18:15																						18:15
18:30	Muay Thai 18:00			Muay Thai 18:00			Muay Thai 18:00			Muay Thai 18:00			Muay Thai 18:00			Muay Thai 18:00			Muay Thai 18:00			18:30
18:45		BJJ (Blue) 18:15			BJJ (Blue) 18:15			BJJ (Blue) 18:15			BJJ (Blue) 18:15			BJJ (Blue) 18:15			BJJ (Purple) 18:15			BJJ (Blue) 18:15		18:45
19:00			WarriorFit 18:30				WarriorFit 18:30			WarriorFit 18:30			WarriorFit 18:30			WarriorFit 18:30			WarriorFit 18:30			19:00
19:15																						19:15
19:30	Muay Thai 19:00			Muay Thai 19:00			Muay Thai 19:00			Muay Thai 19:00			Muay Thai 19:00			Muay Thai 19:00			Muay Thai 19:00			19:30
19:45		BJJ (Blue) 19:15			BJJ (Purple) 19:15			BJJ (Blue) 19:15			BJJ (No-Gi) 19:15			BJJ (Blue) 19:15			BJJ (Blue) 19:15			BJJ (No-Gi) 19:15		19:45
20:00			Muay Thai 19:30			WarriorFit 19:30			Muay Thai 19:30			WarriorFit 19:30			Muay Thai 19:30			Open Gym			Open Gym	20:00
20:15																						20:15
20:30	Boxing (I) 20:00			Muay Thai 20:00			Boxing (I) 20:00			Muay Thai 20:00			Boxing (I) 20:00			Muay Thai 20:00			BJJ (No-Gi) 20:15			20:30
20:45		BJJ (Purple) 20:15			BJJ Randori 20:15			BJJ (Purple) 20:15			BJJ Randori 20:15			BJJ (No-Gi) 20:15			BJJ (No-Gi) 20:15			BJJ (No-Gi) 20:15		20:45
21:00			Muay Thai 20:30			Boxing (I) 20:30			Muay Thai 20:30			Boxing (I) 20:30			Muay Thai 20:30							21:00
21:15																						21:15
21:30	Muay Thai 21:00			Muay Thai 21:00			Muay Thai 21:00			Muay Thai 21:00			Muay Thai 21:00			Muay Thai 21:00			Muay Thai 21:00			21:30
21:45		BJJ (Blue) 21:15			BJJ (Blue) 20:45			BJJ (Blue) 21:15			BJJ (Blue) 20:45			BJJ (Blue) 21:15			BJJ (Blue) 21:15			BJJ (Blue) 21:15		21:45
22:00			Muay Thai Sparring 21:30			Open Gym			Muay Thai Sparring 21:30			Open Gym			Muay Thai Sparring 21:30							22:00
22:15																						22:15
22:30	Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			Open Gym			22:30

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