

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

BJJ Blue (Beginner)  
 BJJ Blue No-Gi (Beginner)  
 BJJ Purple/No-Gi Techniques (3 stripe white belt and higher)  
 BJJ Black (Advanced, Purple belt and above)

Muay Thai Beginner / Level I  
 Muay Thai Level II - V  
 Muay Thai Level III - V  
 Boxing Beginner / Level I  
 Boxing Level II