



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