



LEGEND :

- BJJ Blue (Beginner)
- BJJ Blue No-Gi (Beginner)
- BJJ Purple/No-Gi

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

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

- Little Warrior 4 - 6 years old
- MT Kids 7 - 9 years old
- MT Preteen 10 - 13 years old