

6:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:30
6:45		Open Gym		Open Gym				6:45
7:00	Muay Thai 06:30	BJJ (Purple) 06:45	Muay Thai 06:30	BJJ (No-Gi) 06:45	Muay Thai 06:30	BJJ (Purple) 06:45		7:00
7:15						Open Gym	Open Gym	7:15
7:30						Open Gym	Open Gym	7:30
7:45						Muay Thai 07:15	Muay Thai 07:15	7:45
8:00	Muay Thai 07:30	BJJ (Blue) 07:45	Muay Thai 07:30	BJJ (Purple) 07:45	Muay Thai 07:30	BJJ (No-Gi) 07:30	BJJ (Blue) 07:30	8:00
8:15								8:15
8:30								8:30
8:45								8:45
9:00	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				10:00
10:15								10:15
10:30								10:30
10:45								10:45
11:00								11:00
11:15								11:15
11:30	Muay Thai 11:00	BJJ (Blue) 11:00	Muay Thai 11:15	BJJ (Blue) 11:15	Muay Thai 11:00	BJJ (No-Gi) 11:00		11:30
11:45								11:45
12:00	Muay Thai 11:45	Boxing (I) 11:45	Muay Thai 12:00	Boxing (I) 12:00	Muay Thai 12:00	Boxing (I) 12:00		12:00
12:15								12:15
12:30								12:30
12:45								12:45
13:00	Muay Thai 12:30		Muay Thai 12:30		Muay Thai 12:30			13:00
13:15								13:15
13:30	Boxing (I) 13:15	WarriorFit 13:00		WarriorFit 13:00		WarriorFit 13:00		13:30
13:45								13:45
14:00								14:00
14:15								14:15
14:30								14:30
14:45								14:45
15:00								15:00
15:15								15:15
15:30	Muay Thai 15:00	BJJ (Blue) 15:15	Muay Thai 15:15	Little Warrior 15:30	BJJ (No-Gi) 15:15	Muay Thai 15:30	BJJ (No-Gi) 15:15	15:30
15:45								15:45
16:00								16:00
16:15								16:15
16:30	Muay Thai 16:00	BJJ (Blue) 16:15	Muay Thai Kids 16:15	Little Samurai 16:15	Muay Thai Kids 16:15	Little Samurai 16:15		16:30
16:45								16:45
17:00								17:00
17:15								17:15
17:30	Muay Thai 17:00	BJJ (Purple) 17:15	MT Preteen 17:00	BJJ Kids 17:00	Muay Thai 17:00	BJJ (No-Gi) 17:15		17:30
17:45								17:45
18:00								18:00
18:15								18:15
18:30	Muay Thai 18:00	Boxing (I) 18:30	BJJ (Blue) 18:15	Boxing (I) 18:30	BJJ (Blue) 18:15	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 (No-Gi) 19:15	Muay Thai 19:30	BJJ (Purple) 19:30	Muay Thai 19:30	BJJ (Purple) 19:30		19:30
19:45								19:45
20:00								20:00
20:15								20:15
20:30	Muay Thai Sparring 20:00	Boxing (I) 20:00	BJJ (Purple) 20:15	BJJ (Randori) 20:30	BJJ (Purple) 20:15	BJJ (Randori) 20:30		20:30
20:45								20:45
21:00								21:00
21:15								21:15
21:30	Muay Thai 21:00	WarriorFit 21:15						21:30
21:45								21:45
22:00								22:00
22:15	Open Gym							22:15

Legend:

Muay Thai (Beginner)

Muay Thai (Intermediate)

Boxing (Beginner)

Boxing (Intermediate)