

7:30	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		7:30										
7:45	Muay Thai 07:30	Open Gym	Muay Thai 07:30	Open Gym	Muay Thai 07:30	Open Gym	Muay Thai 07:30	Open Gym	Muay Thai 07:30	Open Gym					7:45										
8:00		BJJ (Blue) 07:45		BJJ (Blue) 07:45		BJJ (Purple) 07:45		BJJ (Blue) 07:45		BJJ (No-Gi) 07:45					8:00										
8:15															8:15										
8:30															8:30										
8:45															8:45										
9:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym					Open Gym	Little Warrior 09:30	Open Gym	Little Warrior 09:30	9:00						
9:15																			9:15						
9:30																			9:30						
9:45																			9:45						
10:00											10:00														
10:15											Muay Thai Kids 10:15	Little Samurai 10:15	Muay Thai Kids 10:15	Little Samurai 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 (Purple) 11:00	Muay Thai 11:15	BJJ (No-Gi) 11:15	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	MT Preteen 11:00	BJJ Kids 11:00	MT Preteen 11:00	BJJ Kids 11:00	11:30										
11:45																11:45									
12:00	Boxing (I) 11:45	BJJ (Blue) 12:00	Muay Thai 12:00	BJJ (Blue) 12:15	Boxing (I) 11:45	BJJ (Purple) 12:00	Muay Thai 12:00	BJJ (Blue) 12:15	Boxing (I) 11:45	BJJ (No-Gi) 12:00	Muay Thai 11:45	BJJ Preteen 11:45	Muay Thai 11:45	BJJ Preteen 11:45	12:00										
12:15																		12:15							
12:30																		12:30							
12:45	Muay Thai 12:30		Muay Thai Sparring 12:45		Muay Thai 12:30	BJJ Randori 13:00	Muay Thai 12:30	BJJ (Blue) 12:15	Muay Thai 12:30	BJJ (No-Gi) 12:00		BJJ Randori 12:30		BJJ Randori 12:30	12:45										
13:00																	13:00								
13:15																	13:15								
13:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Muay Thai 12:45	Wrestling 13:00	Muay Thai 12:45	Wrestling 13:00	13:30										
13:45																							13:45		
14:00																								14:00	
14:15																							14:15		
14:30																					Boxing (I) 13:45	MMA 14:00	Muay Thai 13:45	MMA 14:00	14:30
14:45																									14:45
15:00																									15:00
15:15																					Muay Thai 14:45	BJJ (Blue) 15:00	Boxing (I) 14:45	BJJ (No-Gi) 15:00	15:15
15:30																									15:30
15:45												Little Warrior 15:30		Little Warrior 15:30		Little Warrior 15:30		Little Warrior 15:30		Little Warrior 15:30					15:45
16:00											Muay Thai 15:45	BJJ (No-Gi) 16:00	Muay Thai 15:45	BJJ (Blue) 16:00	16:00										
16:15															16:15										
16:30	Muay Thai Kids 16:15	Little Samurai 16:15	Muay Thai Kids 16:15	Little Samurai 16:15	Muay Thai Kids 16:15	Little Samurai 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	MT Preteen 17:00	BJJ Kids 17:00	Boxing (I) 17:00	BJJ Kids 17:00	MT Preteen 17:00	BJJ Kids 17:00	Boxing (I) 17:00	BJJ Kids 17:00	MT Preteen 17:00	BJJ Kids 17:00	Boxing (I) 16:45	BJJ (Blue) 17:00	Muay Thai Sparring 16:45	BJJ (Purple) 17:00	17:30										
17:45															17:45										
18:00															18:00										
18:15	Muay Thai 17:45	BJJ Preteen 17:45	Muay Thai 18:00	BJJ (Blue) 17:45	Muay Thai 17:45	BJJ Preteen 17:45	Muay Thai 18:00	BJJ (Blue) 17:45	Muay Thai 17:45	BJJ Preteen 17:45	Boxing (II) 17:45	BJJ (Black) 18:00	Muay Thai 17:45	BJJ (Black) 18:00	18:15										
18:30																	18:30								
18:45																	18:45								
19:00		BJJ (Blue) 18:30		BJJ (Blue) 18:45		BJJ (Blue) 18:30		BJJ (Blue) 18:45		BJJ (No-Gi) 18:30	Open Gym		Open Gym		19:00										
19:15											Legend	Muay Thai (Beginner) Muay Thai Level I Muay Thai (Intermediate) Muay Thai Level II - V Muay Thai (Advanced) Muay Thai Level III - V Boxing (Beginner) Boxing Level I Boxing (Intermediate)			19:15										
19:30															19:30										
19:45															19:45										
20:00		BJJ (Purple) 19:30		BJJ (Purple) 19:45		BJJ (Purple) 19:30		BJJ (Purple) 19:45		BJJ (No-Gi) 19:30					20:00										
20:15	Muay Thai Sparring 19:45				Muay Thai 19:45			Muay Thai 19:45							20:15										
20:30			Boxing (I) 20:00				Boxing (I) 20:00								20:30										
20:45		BJJ Randori 20:30				BJJ Randori 20:30				BJJ Randori 20:30					20:45										
21:00															21:00										
21:15	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym					21:15										