

6:30	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		6:30				
6:45	Muay Thai 06:30	Open Gym	Muay Thai 06:30	Open Gym	Muay Thai 06:30	Open Gym	Muay Thai 06:30	Open Gym	Muay Thai 06:30	Open Gym					6:45				
7:00		BJJ (Blue) 06:45		BJJ (No-Gi) 06:45		BJJ (Blue) 06:45		BJJ (Purple) 06:45		BJJ (No-Gi) 06:45					7:00				
7:15															7:15				
7:30															7:30				
7:45	Muay Thai 07:30	BJJ (No-Gi) 07:45	Muay Thai 07:30	BJJ (Blue) 07:45	Muay Thai 07:30	BJJ (Purple) 07:45	Muay Thai 07:30	BJJ (Blue) 07:45	7:45										
8:00									8:00										
8:15									8:15										
8:30		8:30																	
8:45	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	8:45
9:00																			9:00
9:15																			9:15
9:30																			9:30
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10:45											10:45								
11:00	Muay Thai 11:00	BJJ (No-Gi) 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 (Purple) 11:00	MT Preteen 11:00	BJJ Kids 11:00	MT Preteen 11:00	BJJ Kids 11:00	11:00				
11:15															11:15				
11:30															11:30				
11:45		11:45																	
12:00	Boxing (I) 11:45	BJJ (Blue) 12:00	Muay Thai 12:00	BJJ (Blue) 12:15	Muay Thai 12:30	BJJ (Purple) 12:00	Muay Thai 12:00	BJJ (Blue) 12:15	Muay Thai 12:30	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	12:45																		
13:00	Muay Thai 12:30	Open Gym	Muay Thai 12:45	BJJ (Blue) 12:15	Muay Thai 12:30	BJJ Randori 13:00	Muay Thai 12:45	BJJ (Blue) 12:15	Muay Thai 12:30	Open Gym	Open Gym	Muay Thai 12:45	Wrestling 13:00	Muay Thai 12:45	Wrestling 13:00	13:00			
13:15	13:15																		
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15:00	15:00																		
15:15	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	15:15				
15:30															15:30				
15:45															15:45				
16:00															16:00				
16:15	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	Little Warrior 15:30	16:15				
16:30															16:30				
16:45															16:45				
17:00															17:00				
17:15	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	Muay Thai Kids 16:15	Little Samurai 16:15	Muay Thai Kids 16:15	Little Samurai 16:15	Muay Thai 15:45	BJJ (No-Gi) 16:00	BJJ (Blue) 16:00	17:00			
17:30																17:30			
17:45																17:45			
18:00		18:00																	
18:15	Muay Thai 17:45	BJJ Preteen 17:45	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 16:45	BJJ (Purple) 17:00	BJJ (Purple) 17:00	17:15			
18:30																18:30			
18:45																18:45			
19:00		19:00																	
19:15	Muay Thai 18:45	BJJ (Blue) 18:30	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	BJJ (Black) 18:00	18:15			
19:30																19:30			
19:45																19:45			
20:00		20:00																	
20:15	Muay Thai 18:45	BJJ (Purple) 19:30	Muay Thai 19:00	BJJ (Blue) 18:45	Muay Thai 18:45	BJJ (Blue) 18:30	Muay Thai 19:00	BJJ (Blue) 18:45	Muay Thai 18:45	BJJ (No-Gi) 18:30	Open Gym	Legend	Muay Thai (Beginner)	Muay Thai Level I	Muay Thai Level II - V	19:15			
20:30																20:30			
20:45																20:45			
21:00		21:00																	
21:15	Muay Thai 19:45	BJJ (Purple) 19:30	Boxing (I) 20:00	BJJ (Purple) 19:45	Muay Thai 19:45	BJJ (Purple) 19:30	Boxing (I) 20:00	BJJ (Purple) 19:45	Muay Thai 19:45	BJJ (No-Gi) 19:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	21:00			
21:30																21:30			
21:45																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	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	22:15			
22:30																22:30			
22:45																22:45			
23:00		23:00																	