

MONDAY

9 AM	BJJ ROLL/OPEN GYM
3:45 PM	AGES 3-7 NO-GI COMP
4:20 PM	AGES 8-12 NO-GI COMP
4:30 PM	BEGINNER MUAY THAI
5:15 PM	CONDITIONING
5:30 PM	MUAY THAI CLINCH WORK
6:00 PM	MUAY THAI
6:00 PM	WRESTLING
7: 00 PM	MUAY THAI TECH SPAR (MUST ATTEND 6PM DRILL)
7:30 PM	MMA
7:30 PM	GI BJJ

TUESDAY

5:30 AM	GI BJJ
10 AM	MUAY THAI
11 AM	NO-GI BJJ
3:45 PM	AGES 3-7 GI DRILL + LIVE POSITIONAL ROLL
4 PM	TEEN MUAY THAI
4:20 PM	AGES 8-12 GI DRILL + LIVE POSITIONAL ROLL
5 PM	GI BJJ
5:15 PM	CONDITIONING
6 PM	POSITIONAL GI BJJ
6:45 PM	BAGWORK
6:45 PM	NO-GI BJJ
7:45 PM	POSITIONAL NO-GI BJJ

WEDNESDAY

5:30 AM	POSITIONAL GI/NO-GI BJJ
10 AM	MITT WORK
11 AM	GI BJJ
3:45 PM	AGES 3-7 MUAY THAI
4:15 PM	AGES 8-12 MUAY THAI
5 PM	MITT WORK
5 PM	WOMEN'S ONLY BJJ
6 PM	LIVE NO-GI BJJ ROLL
6:45 PM	FUNDAMENTAL GI POSITIONAL
7 PM	MMA
7:30 PM	FUNDAMENTAL GI BJJ

THURSDAY

5:30 AM	NO-GI BJJ
10 AM	BOXING
11 AM	NO-GI BJJ
3:45 PM	AGES 3-7 GI DRILL + LIVE POSITIONAL ROLLING
4:20 PM	AGES 8-12 GI DRILL + LIVE POSITIONAL ROLLING
4:30 PM	BEGINNER MUAY THAI
5:15 PM	MMA
5:30 PM	MUAY THAI CLINCH WORK
6:15 PM	BEGINNER TECH SPAR
6:15 PM	ADVANCED TECH SPAR
7 PM	NO-GI BJJ

FRIDAY

9 AM	BJJ ROLL/OPEN GYM
10 AM	MUAY THAI PAD WORK
11 AM	CONDITIONING
4:15 PM	ADVANCED YOUTH MUAY THAI/SPAR
4:30 PM	GI BJJ
5:30 PM	CONDITIONING
6 PM	FUNDAMENTAL NO-GI BJJ
6:45 PM	BAG WORK
7 PM	WRESTLING



SATURDAY

9 AM	BEGINNER SPARRING
9 AM	ADVANCED SPARRING
10 AM	AGES 3-7 NO-GI BJJ
10:15AM	MUAY THAI
10:30 AM	AGES 8-12 NO-GI BJJ
11:30 AM	NO GI BJJ
12:30 PM	BJJ COMP CLASS (GI OR NO-GI BASED ON TOURNAMENT NEEDS)

SUNDAY

9 AM	GI BJJ
11 AM	YOGA
11 AM	AGES 3-7 WRESTLING
11:45 AM	AGES 8-12 WRESTLING
12 PM	AGES 3-7 MUAY THAI
12:30 PM	AGES 8-12 MUAY THAI
1:30 PM	MUAY THAI
2:30 PM	NO-GI BJJ

COLOR KEY

GRAPPLING
CONDITIONING
YOUTH
STRIKING
WOMEN'S ONLY
TEEN (AGES 13-17)
MMA
SPARRING - MUST ATTEND AT LEAST 1 STRIKING CLASS/WK TO DO BEGINNER SPAR - ADV SPARRING US FOR FIGHTERS/INVITE ONLY - MOUTHPIECES AND CUPS REQUIRED

