

MONDAY

9 AM	BJJ ROLL/OPEN GYM
3:45 PM	3-7 Y/O NO-GI COMP CLASS
4:15 PM	8-12 Y/O NO-GI COMP CLASS
4:30 PM	BEGINNER MUAY THAI
5:15 PM	CONDITIONING
5:30 PM	MUAY THAI CLINCH WORK
6 PM	MUAY THAI
6 PM	WRESTLING
7 PM	**MUAY THAI TECH SPAR
7:30 PM	MMA
7:30 PM	GI BJJ

****MUST ATTEND 6PM DRILL, TO DO 7PM TECH SPAR**

YOUTH

MMA

GRAPPLING

STRIKING

TEEN (*13-17 Y/O)

WOMEN'S ONLY

CONDITIONING

SPARRING

- MUST ATTEND AT LEAST 1 STRIKING CLASS/WK TO DO BEGINNER SPAR.
- ADV SPARRING IS FOR FIGHTERS/INVITE ONLY.
- MOUTHPIECES AND CUPS REQUIRED.

TUESDAY

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

****MUST ATTEND BJJ DRILL TO DO POS. LIVE TRAINING.**

WEDNESDAY

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

THURSDAY

6 AM	NO-GI BJJ
10 AM	BOXING
11 AM	NO-GI BJJ
3:45 PM	3-7 Y/O GI DRILL CLASS + LIVE POSITIONAL ROLLING
4:15PM	8-12 Y/O GI DRILL CLASS + LIVE POSITIONAL ROLLING
4:30 OM	BEGINNER MUAY THAI
5 PM	MMA
5:30 PM	MUAY THAI CLINCH WORK
6 PM	BEGINNER TECH SPAR
6 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
5:15 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	3-7 Y/O NO-GI BJJ
10:15 AM	MUAY THAI
10:30 AM	8-12 Y/O NO-GI BJJ
11:30 AM	NO-GI BJJ
	BJJ COMP CLASS
12:30 PM	(*GI OR NO-GI BASED ON TOURNAMENT NEEDS)

SUNDAY

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