

Mat 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00	BJJ Gi All Levels		BJJ Gi All Levels				
9:00 - 10:00						Yoga	
10:00 - 11:00						Marathon Rolls	
11:00 - 12:00						Muay Thai Sparring	
12:00 - 1:00						Muay Thai All Levels	
1:00 - 2:00						Boxing All Levels	
5:30 - 6:30	Wrestling	MMA Sparring	Intro to BJJ	Wrestling	Open Mat		
6:30 - 7:30	Muay Thai All Levels	BJJ Gi Competition Training	Boxing All Levels	No Gi All Levels	Boxing All Levels		
7:30 - 8:30	BJJ Gi All Levels	Boxing All Levels	Muay Thai Beginners	Intro to MMA			

Mat 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00	BJJ Gi All Levels		BJJ Gi All Levels				
9:00 - 10:00						Yoga	
10:00 - 11:00						Marathon Rolls	
11:00 - 12:00						Muay Thai Sparring	
12:00 - 1:00						Muay Thai All Levels	
1:00 - 2:00						Boxing All Levels	
5:30 - 6:30	Wrestling	MMA Sparring	Intro to BJJ	Wrestling	Open Mat		
6:30 - 7:30	Muay Thai All Levels	BJJ Gi Competition Training	Boxing All Levels	No Gi All Levels	Boxing All Levels		
7:30 - 8:30	BJJ Gi All Levels	Krav Maga	BJJ Gi All Levels	Krav Maga			