

## Class 1

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

## Class 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM - 7:00AM	BJJ Gi All Levels		BJJ Gi All Levels		BJJ Gi All Levels		
9:00AM - 10:00AM						Yoga	
10:00AM - 11:00AM						Marathon Rolls	
11:00AM - 12:00PM						MMA Sparring	
12:00PM - 1:00PM						Boxing All Levels	
5:30PM - 6:30PM	Wrestling	No Gi Competition	Intro to BJJ	Wrestling	Open Mat		
6:30PM - 7:30PM	MMA	BJJ Gi All Levels	Intro to MMA	No Gi All Levels	Boxing All Levels		
7:30PM - 8:30PM	BJJ Gi All Levels	Wrestling	BJJ Gi All Levels	Women's BJJ			