

## Class 1

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

## Class 2

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