



# UPDATED SCHEDULE

TIMINGS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0730	MUAY THAI KICKBOXING (BEGINNERS & ALL LEVELS)	GRAPPLING / BRAZILIAN JIU JITSU (BEGINNERS & ALL LEVELS)	MUAY THAI KICKBOXING (BEGINNERS & ALL LEVELS)	GRAPPLING / BRAZILIAN JIU JITSU (BEGINNERS & ALL LEVELS)	MUAY THAI KICKBOXING (BEGINNERS & ALL LEVELS)		
1000	BJJ FOR MMA	BJJ FOR MMA	BJJ FOR MMA		BJJ FOR MMA		
1100	PRO MMA (INVITE ONLY)	PRO MMA (INVITE ONLY)	PRO MMA (INVITE ONLY)	BJJ FOR MMA	PRO MMA (INVITE ONLY)	PRO MMA (INVITE ONLY)	
1215	PRO GRAPPLING (INVITE ONLY)	PRO GRAPPLING (INVITE ONLY)	PRO GRAPPLING (INVITE ONLY)	PRO GRAPPLING (INVITE ONLY)	PRO GRAPPLING (INVITE ONLY)	GI CLASS + OPEN MAT (OPEN TO EVERYONE)	
1330	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	
1700		KIDS KARATE		KIDS KARATE		MUAY THAI KICKBOXING (BEGINNERS)	MUAY THAI KICKBOXING (BEGINNERS)
1730	KIDS BRAZILIAN JIU JITSU		KIDS BRAZILIAN JIU JITSU		KIDS BRAZILIAN JIU JITSU		
1800		BRAZILIAN JIU JITSU GI (ALL LEVELS)		BRAZILIAN JIU JITSU GI (ALL LEVELS)			
1830	WARM UP / CIRCUIT		WARM UP / CIRCUIT		WARM UP / CIRCUIT	PERSONAL TRAINING	
1900	MUAY THAI KICKBOXING (BEGINNERS & ALL LEVELS)	GRAPPLING / BRAZILIAN JIU JITSU (BEGINNERS & ALL LEVELS)	MUAY THAI KICKBOXING (BEGINNERS & ALL LEVELS)	GRAPPLING / BRAZILIAN JIU JITSU (BEGINNERS & ALL LEVELS)	MUAY THAI KICKBOXING (BEGINNERS & ALL LEVELS)	PERSONAL TRAINING	
2000	GRAPPLING / BRAZILIAN JIU JITSU (BEGINNERS & ALL LEVELS)	MUAY THAI KICKBOXING (BEGINNERS & ALL LEVELS)	GRAPPLING / BRAZILIAN JIU JITSU (BEGINNERS & ALL LEVELS)	MUAY THAI KICKBOXING (BEGINNERS & ALL LEVELS)	GRAPPLING / BRAZILIAN JIU JITSU (BEGINNERS & ALL LEVELS)		