



# Class Schedule

Last Updated September 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	Women's Boot Camp	Women's Boot Camp	Women's Boot Camp	Women's Boot Camp	Women's Boot Camp		
10:00 AM						Strength & Conditioning	
11:00 AM	BJJ	BJJ	BJJ	BJJ	BJJ	BJJ	
12:30 PM						Wrestling	
3:00 PM							BJJ OPEN MAT
4:00 PM	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT		
5:00 PM	PeeWee Muay Thai Circuit Cardio	PeeWee BJJ Cardio Kickboxing	PeeWee BJJ Circuit Cardio	PeeWee BJJ Cardio Kickboxing	PeeWee MMA OPEN MAT Circuit Cardio		
5:30 PM	Kid's Muay Thai	Kid's BJJ	Kid's BJJ	Kid's BJJ	Kid's MMA OPEN MAT		
6:00 PM	MMA		MMA	Muay Thai	BJJ Fundamentals MMA Sparring		
6:30 PM	BJJ	BJJ	BJJ	BJJ			
7:30 PM	Muay Thai	Muay Thai	Muay Thai				
7:45 PM		No-Gi BJJ		No-Gi BJJ			