

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	WRESTLING 8:00 - 9:00 AM	U1 STRENGTH 8:00 - 9:00 AM	WRESTLING 8:00 - 9:00 AM			
BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM	BOXING 9:00 - 10:00 AM		JIU JITSU OPEN MAT 10:00 AM - 12:00 PM
MUAY THAI 10:00 - 11:00 AM	MUAY THAI 10:00 - 11:00 AM	MUAY THAI 10:00 - 11:00 AM	MUAY THAI 10:00 - 11:00 AM	MUAY THAI 10:00 - 11:00 AM	MUAY THAI 10:00 - 11:00 AM	
GI JIU JITSU 11:00 - 12:00 PM	GI JIU JITSU 11:00 - 12:00 PM	NO-GI JIU JITSU 11:00 - 12:00 PM	GI JIU JITSU 11:00 - 12:00 PM	GI JIU JITSU 11:00 - 12:00 PM	NO-GI JIU JITSU 11:00 AM - 12:00 PM	
					BOXING 12:00 - 1:00 PM	
					BJJ COMP CLASS 12:15 - 1:45 PM	
				JIU JITSU OPEN MAT 4:00 - 6:00 PM		
MUAY THAI FUNDAMENTALS 4:30 - 5:30 PM	MUAY THAI FUNDAMENTALS 4:30 - 5:30 PM	MUAY THAI FUNDAMENTALS 4:30 - 5:30 PM	MUAY THAI FUNDAMENTALS 4:30 - 5:30 PM	MUAY THAI FUNDAMENTALS 4:30 - 5:30 PM		
U1 STRENGTH 5:00 - 6:00 PM		Yoga Flow 5:00 - 6:00 PM		U1 STRENGTH 5:00 - 6:00 PM		
BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM	BOXING 5:30 - 6:30 PM		
U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	HOURS M-F: 6 AM - 12 PM, 2 PM - 9 PM SAT: 9 AM - 1 PM SUN: 10 AM - 2 PM	
NO-GI JIU JITSU 6:00 - 7:00 PM	NO-GI JIU JITSU 6:00 - 7:00 PM	GI JIU JITSU 6:00 - 7:00 PM	NO-GI JIU JITSU 6:00 - 7:00 PM	WOMEN'S JIU JITSU 6:00 - 7:00 PM		
KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM		
GI JIU JITSU 7:15 - 8:15 PM	GI JIU JITSU 7:15 - 8:15 PM	NO-GI JIU JITSU 7:15 - 8:15 PM	GI JIU JITSU 7:15 - 8:15 PM			