

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 FUNDAMENTALS 10:00 - 11:00 AM	MUAY THAI FUNDAMENTALS 10:00 - 11:00 AM	MUAY THAI FUNDAMENTALS 10:00 - 11:00 AM	MUAY THAI FUNDAMENTALS 10:00 - 11:00 AM	MUAY THAI FUNDAMENTALS 10:00 - 11:00 AM	MUAY THAI FUNDAMENTALS 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	
				JIU JITSU OPEN MAT 4:00 - 6:00 PM	BJJ COMP CLASS 12:00 - 1:30 PM	
				CATCH WRESTLING 4:00 - 5:00 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				U1 STRENGTH 5:00 - 6:00 PM		
YOGA FLOW 5:00 - 6:00 PM		YOGA FLOW 5:00 - 6:00 PM		YOGA FLOW 5:00 - 6:00 PM		
BOXING 5:45 - 6:45 PM	BOXING 5:45 - 6:45 PM	BOXING 5:45 - 6:45 PM	BOXING 5:45 - 6:45 PM	BOXING 5:45 - 6:45 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 - 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			