



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am-10:00am	Boxing	MuayThai	Boxing	MuayThai	Boxing	Youth BJJ (9:30am-10:30am)
10:00am-11:00am	BJJ (Gi)		BJJ (Gi)			
						Competition Team (11am-1pm)
4:30pm-5:30pm	Youth Boxing	Youth BJJ	Youth Boxing	Youth BJJ	Youth Boxing	
5:30pm-6:30pm	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
	BJJ (Gi)	BJJ (No Gi)	BJJ (Gi)	BJJ (No Gi)		
6:30pm-7:30pm	Boxing	Boxing	Boxing	Boxing		
	MuayThai	MuayThai	MuayThai	MuayThai		
7:30pm-8:30pm			Sparring (Invite Only)			