

ADULT SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8AM	MAT 1 FITNESS CONDITIONING		MAT 1				
9AM	MAT 1 MUAY THAI LEVEL 1 & 2	MAT 1 MUAY THAI LEVEL 1 & 2	MAT 1 MUAY THAI LEVEL 1&2	MAT 1 MUAY THAI LEVEL 1&2	MAT 1 MUAY THAI LEVEL 1&2	MAT 1 FITNESS CONDITIONING	
10AM	MAT 1 NO GI JIU-JITSU LEVEL 1 & 2	MAT 1 JIU-JITSU 1 & 2	MAT 1 NO GI JIU-JITSU LEVEL 1 & 2	MAT 1 JIU-JITSU LEVEL 1 & 2	MAT 1 JIU-JITSU LEVEL 1 & 2	MAT 1 JIU-JITSU LEVEL 1 & 2	
11AM						MAT 1 MUAY THAI LEVEL 1&2	MAT 1 NO GI JIU-JITSU LEVEL 1 & 2
1PM							
5PM		MAT 1 FITNESS CONDITIONING					
6PM	MAT 1 JIU-JITSU LEVEL 1	MAT 1 JIU-JITSU LEVEL 1	MAT 1 JIU-JITSU LEVEL 1	MAT 1 JIU-JITSU LEVEL 1	MAT 1 JIU-JITSU LEVEL 1	MAT 1 MUAY THAI LEVEL 1&2	
	MAT 2 MUAY THAI LEVEL 2	MAT 2 MUAY THAI LEVEL 2	MAT 2 MUAY THAI LEVEL 2	MAT 2 MUAY THAI LEVEL 2	MAT 2 MUAY THAI LEVEL 2		
7PM	MAT 1 JIU-JITSU LEVEL 2	MAT 1 NO GI JIU-JITSU LEVEL 1 & 2	MAT 1 JIU-JITSU LEVEL 2	MAT 1 NO GI JIU-JITSU LEVEL 1 & 2	MAT 1 NO GI JIU-JITSU LEVEL 1 & 2	MAT 1 NO GI JIU-JITSU LEVEL 1 & 2	
	MAT 2 MUAY THAI LEVEL 1	MAT 2 MUAY THAI LEVEL 1	MAT 2 MUAY THAI LEVEL 1	MAT 2 MUAY THAI LEVEL 1	MAT 2 MUAY THAI LEVEL 1		
8PM		MAT 1 JIU-JITSU LEVEL 1 & 2		MAT 1 JIU-JITSU LEVEL 1 & 2			