

ADULT SCHEDULE

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

KIDS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
10AM						MAT 1 WRESTLING	
3PM			MAT 1 WRESTLING				
4PM	MAT 1 MUAY THAI LEVEL 1	MAT 1 JIU JITSU LEVEL 1	MAT 1 JIU JITSU LEVEL 1	MAT 1 JIU JITSU LEVEL 1	MAT 1 JIU JITSU		
	MAT 2 JIU JITSU LEVEL 2	MAT 2 MUAY THAI LEVEL 2	MAT 2 JIU JITSU LEVEL 2	MAT 2 MUAY THAI LEVEL 2			
5PM	MAT 1 MUAY THAI LEVEL 2	MAT 1 JIU JITSU LEVEL 2	MAT 1 MUAY THAI	MAT 1 JIU JITSU LEVEL 2	MAT 1 MUAY THAI		
	MAT 2 JIU JITSU LEVEL 1	MAT 2 MUAY THAI LEVEL 1		MAT 2 MUAY THAI LEVEL 1			