

START TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM 9:00AM	5:30AM-6:30AM JIU JITSU GI	9:00AM-10:00AM KICKBOXING	9:00AM-10:00AM KICKBOXING	9:00AM-10:00AM KICKBOXING	5:30AM-6:30AM JIU JITSU GI	9:00AM-10:00AM WRESTLING	
10:00AM	10:00AM-11:00AM THE HAUL (FUNCTIONAL FITNESS)		10:00AM-11:00AM THE HAUL (FUNCTIONAL FITNESS)		10:00AM-11:00AM THE HAUL (FUNCTIONAL FITNESS)	10:00 AM-12:00PM OPEN MAT	9:00AM-5:00PM OPEN GYM
11:00AM	11:00M-12:30PM JIU JITSU GI		11:00M-12:30PM JIU JITSU GI		11:00M-12:30PM JIU JITSU GI	GI/NO GI	
12:00PM 4:00PM	4:00PM-4:30PM HIIT BOXING CLASS (STRENGTH & CONDITIONING)	4:00PM-4:30PM HIIT BOXING CLASS (STRENGTH & CONDITIONING)	4:00PM-4:30PM HIIT BOXING CLASS (STRENGTH & CONDITIONING)	4:00PM-4:30PM HIIT BOXING CLASS (STRENGTH & CONDITIONING)		9:00AM-5:00PM OPEN GYM	
	4:00PM-4:30PM PEEWEE JIU JITSU (AGES 4-7)	4:00PM-4:30PM PEE WEE JIU JITSU (AGES 4-7)	4:00PM-4:30PM PEE WEE JIU JITSU (AGES 4-7)		4:00PM-4:30PM PEE WEE JIU JITSU (AGES 4-7)		
4:30PM	4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12)	4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12)	4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12)	4:30PM-5:00PM PEE WEE JIU JITSU NO GI (AGES 4-7)	4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12)		
	4:30PM-5:30PM ADULT/TEEN MUAY THAI		4:30PM-5:30PM ADULT/TEEN MUAY THAI				
	4:30PM-5:30PM THE HAUL (FUNCTIONAL FITNESS)		4:30PM-5:30PM THE HAUL (FUNCTIONAL FITNESS)				
5:00PM				5:00PM-6:00PM YOUTH JIU JITSU NO GI (AGES 8-12)			
5:30PM	5:30PM-6:30PM BOXING CLASS-COBRA	5:30PM-6:30PM BOXING CLASS-MANNY	5:30PM-6:30PM BOXING CLASS-COBRA	5:30PM-6:30PM BOXING CLASS-MANNY	5:30PM-6:30PM BOXING CLASS-MANNY		
	5:30PM-6:15PM TAE KWON DO BEGINNER	5:30PM-6:30PM ADULT/TEEN MUAY THAI	5:30PM-6:15PM TAE KWON DO BEGINNER		5:30PM-6:15PM TAE KWON DO BEGINNER		
	5:30PM-6:30PM THE HAUL (FUNCTIONAL FITNESS)	5:30PM-6:30PM WRESTLING	5:30PM-6:30PM THE HAUL (FUNCTIONAL FITNESS)	5:30PM-6:30PM THE HAUL (FUNCTIONAL FITNESS)			
6:00PM	6:15PM-7:00PM TAE KWON DO INTER/ADV	5:30PM-6:30PM THE HAUL (FUNCTIONAL FITNESS)	6:15PM-7:00PM TAE KWON DO INTER/ADV	6:00PM-7:00PM WRESTLING	6:15PM-7:00PM TAE KWON DO INTER/ADV		
6:30PM		6:30PM-7:15PM ADULT/TEEN JIU JITSU					
7:00PM	7:00PM-7:45PM ADULT/TEEN JIU JITSU NO GI	7:15PM-8:30PM ADULT/TEEN JIU JITSU	7:00PM-8:00PM ADULT/TEEN JIU JITSU NO GI	7:00PM-7:45PM ADULT/TEEN JIU JITSU	7:15PM-8:30PM BOXING-COACH MANNY		
	7:15PM-8:30PM BOXING-COACH MANNY	7:15PM-8:30PM BOXING-COACH MANNY	7:15PM-8:30PM BOXING-COACH MANNY	7:15PM-8:30PM BOXING-COACH MANNY			
7:30PM	7:45PM-8:45PM ADULT/TEEN JIU JITSU NO GI			7:45PM-8:45PM ADULT/TEEN JIU JITSU			
8:00PM			8:00PM-9:00PM ADULT/TEEN JIU JITSU				
	BOXING OPEN 11AM- 8:30PM -EXCEPT DURING CLASS					1:00PM – 5:00PM BOXING	