

START TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	5:30AM-6:30AM JIU JITSU GI (BY ROLL CALL)		5:30AM-6:30AM JIU JITSU GI (BY ROLL CALL)		5:30AM-6:30AM JIU JITSU GI (BY ROLL CALL)		
9:00AM						9:00AM-10:00AM WRESTLING	
10:00AM	10:00AM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Abi Dotson	10:00AM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Abi Dotson	10:00AM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Abi Dotson		10:00AM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Abi Dotson	10:00 AM-12:00PM OPEN MAT- GI/NO GI	9:30AM-5:30PM OPEN GYM
11:00AM	11:00AM-12:30PM JIU JITSU GI		11:00AM-12:30PM JIU JITSU GI		11:00AM-12:30PM JIU JITSU GI	9:30AM-5:30PM OPEN GYM	
4:00PM	4:00PM-4:30PM PEE WEE JIU JITSU (AGES 4-7) With Coach Brandon	4:00PM-4:30PM PEE WEE JIU JITSU (AGES 4-7) With Coach Brandon	4:00PM-4:30PM PEE WEE JIU JITSU (AGES 4-7) With Coach Brandon		4:00PM-4:30PM PEE WEE JIU JITSU (AGES 4-7) With Coach Brandon		
4:30PM	4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12) With Coach Brandon	4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12) With Coach Brandon	4:30PM-5:30PM YOUTH JIU JITSU AGES 8-12) With Coach Brandon	4:30PM-5:00PM PEE WEE JIU JITSU NO GI (AGES 4-7) With Coach	4:30PM-5:30PM YOUTH JIU JITSU (AGES 8-12) With Coach Brandon		
	4:30PM-5:30PM BOXING CLASS (AGE 8-12)	4:30PM-5:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Abi Dotson	4:30PM-5:30PM BOXING CLASS (AGE 8-12)		4:30PM-5:30PM BOXING CLASS (AGE 8-12)		
	4:30PM-5:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Abi Dotson		4:30PM-5:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Abi Dotson	4:30PM-5:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Mo			
5:00PM		5:00PM-6:00PM MUAY THAI (YOUTH/ADULTS) With Coach Dom	5:00PM-6:00PM MUAY THAI (TEENS/ADULTS) With Coach Dom	5:00PM-6:00PM YOUTH JIU JITSU NO GI (AGES 8-12) With Coach Brandon	5:00PM-6:00PM MUAY THAI (TEENS/ADULTS) With Coach Dom		
				5:00PM-6:00PM MUAY THAI (TEENS/ADULTS) With Coach Dom	5:15PM-6:15PM (BY ROLL CALL) JIU JITSU COMP CLASS		
5:30PM	5:30PM-6:30PM BOXING CLASS	5:30PM-6:30PM BOXING STRENGTH CONDITIONING	5:30PM-6:30PM BOXING CLASS	5:30PM-6:30PM BOXING STRENGTH CONDITIONING	5:30PM-6:30PM BOXING CLASS		
	5:30PM-6:15PM TAE KWON DO BEGINNER With Master Hakimi	5:30PM-6:30PM WRESTLING With Coach Randy Cruz	5:30PM-6:15PM TAE KWON DO BEGINNER With Master Hakimi		5:30PM-6:15PM TAE KWON DO BEGINNER With Master Hakimi		
	5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Chris Cardona	5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Chris Cardona	5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Mo	5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS) With Coach Mo			
6:00PM	6:15PM-7:00PM TAE KWON DO INTER/ADV With Master Hakimi		6:15PM-7:00PM TAE KWON DO INTER/ADV With Master Hakimi	6:00PM-7:00PM WRESTLING With Coach Randy Cruz	6:15PM-7:00PM TAE KWON DO INTER/ADV With Master Hakimi		
6:30PM		6:30PM-8:30PM ADULT/TEEN JIU JITSU					
7:00PM	7:00PM-8:30PM ADULT/TEEN JIU JITSU NO GI		7:00PM-8:30PM ADULT/TEEN JIU JITSU NO GI	7:00PM-8:30PM ADULT/TEEN JIU JITSU			
7:30PM	7:30PM-8:30PM BOXING CLASS	7:30PM-8:30PM BOXING CLASS	7:30PM-8:30PM BOXING CLASS	7:30PM-8:30PM BOXING CLASS	7:30PM-8:30PM BOXING CLASS		
	BOXING OPEN 10AM- 8:30PM -EXCEPT DURING CLASS						

www.openmatacademy.com

3200 Naglee Rd, STE #106, Tracy CA (Next to Macy's)

Call or text (209)752-8013

\*\*\*CLASSES DONE BY ROLL CALL ARE DONE ON THE BAND APP. \*\*\*

\*\*ALL NOTIFICATIONS DONE ON THE BAND APP.\*\*