

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)	10:00AM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	10:00AM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS)		10:00AM-11:00AM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	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)	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 BOXING CLASS (AGE 8-12)	4:30PM-5:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	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)		4:30PM-5:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	4:30PM-5:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)			
5:00PM	5:00PM-6:00PM MUAY THAI (TEENS/ADULTS)	5:00PM-6:00PM MUAY THAI (YOUTH/ADULTS)	5:00PM-6:00PM MUAY THAI (TEENS/ADULTS)	5:00PM-6:00PM YOUTH JIU JITSU NO GI (AGES 8-12)			
				5:00PM-6:00PM MUAY THAI (TEENS/ADULTS)	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	5:30PM-6:30PM WRESTLING	5:30PM-6:15PM TAE KWON DO BEGINNER		5:30PM-6:15PM TAE KWON DO BEGINNER		
	5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)		5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)	5:30PM-6:30PM PEAK PERFORMANCE (FUNCTIONAL FITNESS)			
6:00PM	6:15PM-7:00PM TAE KWON DO INTER/ADV	5:30PM-6:30PM PEAK PERFORMANCE (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-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.\*\*