

		MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY							
		GRAPPLING	STRIKING	MMA MAT	THE CAGE	THE RING	GYM	GRAPPLING	STRIKING	MMA MAT	THE CAGE	THE RING	GYM	GRAPPLING	STRIKING	MMA MAT	THE CAGE	THE RING	GYM	GRAPPLING	STRIKING	MMA MAT	THE CAGE	THE RING	GYM	GRAPPLING	STRIKING	MMA MAT	THE CAGE	THE RING	GYM	GRAPPLING	STRIKING	GYM					
MORNING	6:00 am																															ALL CLASSES						6:00 am	MORNING
	6:15 am																																					6:15 am	
	6:30 am																																					6:30 am	
	6:45 am	NO-GI BJJ LEVEL 1+	MUAY THAI LEVEL 1+					NO-GI BJJ INTRO					NO-GI BJJ LEVEL 1+	MUAY THAI LEVEL 1+					NO-GI BJJ INTRO					NO-GI BJJ LEVEL 1+	MUAY THAI LEVEL 1+			6:45 am											
	7:00 am																					7:00 am																	
	7:15 am					STRENGTH ALL LEVELS			BOXING INTRO					STRENGTH ALL LEVELS			BOXING INTRO					STRENGTH ALL LEVELS			7:15 am														
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12:30 pm	NO-GI BJJ LEVEL 1+	MUAY THAI LEVEL 1+					NO-GI BJJ LEVEL 1+	MUAY THAI LEVEL 1+					WRESTLING ALL LEVELS	MUAY THAI LEVEL 1+					NO-GI BJJ LEVEL 1+	MUAY THAI LEVEL 1+					NO-GI BJJ LEVEL 1+	MUAY THAI LEVEL 1+			12:30 pm										
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	5:30 pm	NO-GI BJJ INTRO	MUAY THAI INTRO					NO-GI BJJ LEVEL 2+	BOXING INTRO					MMA INTRO					NO-GI BJJ INTRO	MUAY THAI INTRO					MMA GRAPPLING LEVEL 1+	MMA INTRO			5:30 pm										
	5:45 pm																						5:45 pm																
	6:00 pm	NO-GI BJJ LEVEL 1+	MUAY THAI LEVEL 2	MMA STRIKING LEVEL 1+	MMA INTRO					NO-GI BJJ LEVEL 1+	BOXING LEVEL 1+	MUAY THAI LEVEL 1 & 2		MUAY THAI INTRO	CAGE WORK LEVEL 1+	MT CLINCH LEVEL 1	NO-GI BJJ LEVEL 1+	MT SPARRING LEVEL 2+	MUAY THAI LEVEL 1 & 2		MUAY THAI INTRO	MMA LEVEL 1+			6:00 pm														
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