

SECTION 8 MIXED MARTIAL ARTS & BRAZILIAN JIU JITSU CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:30 AM	OPEN MAT/PRIVATE INSTRUCTION	KICKBOXING BOOTCAMP	OPEN MAT/PRIVATE INSTRUCTION	KICKBOXING BOOTCAMP	OPEN MAT/PRIVATE INSTRUCTION		OPEN MAT				
7:00 AM		6:30 AM - 7:30 AM		6:30 AM - 7:30 AM							
7:30 AM		OPEN MAT/PRIVATE INSTRUCTION		OPEN MAT/PRIVATE INSTRUCTION		OPEN MAT/PRIVATE INSTRUCTION		OPEN MAT/PRIVATE INSTRUCTION			
8:00 AM											
8:30 AM											
9:00 AM											
9:30 AM	6:30 AM - 10:00 AM	7:30 AM - 10:00 AM	6:30 AM - 10:00 AM	7:30 AM - 10:00 AM	6:30 AM - 10:00 AM	9:00 AM - 10:00 AM	6:30 AM - 10:00 AM				
10:00 AM											
10:30 AM	BRAZILIAN JIU JITSU FUNDAMENTALS	MMA BOOTCAMP	STRIKING FUNDAMENTALS, BOXING, MUAY THAI	MMA BOOTCAMP	BRAZILIAN JIU JITSU FUNDAMENTALS		FIGHTERS PRACTICE				
11:00 AM	10:30 AM - 11:30 AM	10:30 AM - 11:30 AM	10:30 AM - 11:30 AM	10:30 AM - 11:30 AM	10:30 AM - 11:30 AM		10:30 AM - 11:30 AM				
11:30 AM	OPEN MAT/PRIVATE INSTRUCTION	OPEN MAT/PRIVATE INSTRUCTION	OPEN MAT/PRIVATE INSTRUCTION	OPEN MAT/PRIVATE INSTRUCTION	OPEN MAT/PRIVATE INSTRUCTION		OPEN MAT				
12:00 PM											
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM						11:30 AM - 4:00 PM		11:30 AM - 4:00 PM	11:30 AM - 4:00 PM	11:30 AM - 4:00 PM	11:30 AM - 4:00 PM
4:00 PM						YOGA		YOGA			
4:30 PM	4:00 PM - 5:00 PM	11:30 AM - 5:00 PM	4:00 PM - 5:00 PM	11:30 AM - 5:00 PM	11:30 AM - 5:00 PM						
5:00 PM											
5:30 PM	BRAZILIAN JIU JITSU FUNDAMENTALS	KIDS/YOUTH MMA	BRAZILIAN JIU JITSU FUNDAMENTALS	KIDS/YOUTH MMA	STRIKING FUNDAMENTALS, BOXING, MUAY THAI						
6:00 PM	5:30 PM - 6:30 PM	5:30 PM - 6:30 PM	5:30 PM - 6:30 PM	5:30 PM - 6:30 PM	5:30 PM - 6:30 PM						
6:30 PM	BRAZILIAN JIU JITSU DRILLS	STRIKING FUNDAMENTALS BOXING, MUAY THAI	KIDS/YOUTH MMA	OPEN MAT/PRIVATE INSTRUCTION	BRAZILIAN JIU JITSU TECHNIQUE & ROLL						
7:00 PM	6:30 PM - 7:30 PM	6:30 PM - 7:30 PM	6:30 PM - 7:30 PM	6:30 PM - 7:30 PM	6:30 PM - 7:30 PM						
7:30 PM		COMPETITION CLASS GRAPPLING	BRAZILIAN JIU JITSU TECHNIQUE & ROLL	ADVANCED STRIKING BOXING, MUAY THAI	OPEN MAT/PRIVATE INSTRUCTION						
8:00 PM		7:30 PM - 8:30 PM	7:30 PM - 8:30 PM	7:30 PM - 8:30 PM	7:30 PM - 8:30 PM		11:30 AM - 8:30 PM				