

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Strength Training 6:00am - 6:55am		Strength Training 6:00am - 6:55am		Strength Training 6:00am - 6:55am		
9:30am						Strength Training 9:30am - 10:30am	
9:30am	Stretch & Strengthen (DNS) 9:30am - 10:30am		Stretch & Strengthen (DNS) 9:30am - 10:30am			Kids BJJ 9:30am - 10:15pm 3 - 8 Year olds	
10:30am						Kids BJJ 10:15am - 11:15pm 9 - 15 Year olds	
11:30am						Kickboxing 11:30pm - 12:30pm	
12:30pm		Brazilian Jiu Jitsu 12:30pm - 1:30pm		Brazilian Jiu Jitsu 12:30pm - 1:30pm		Brazilian Jiu Jitsu 12:30pm - 1:30pm	
4:15pm	Kids BJJ 4:15pm - 5:15pm		Kids BJJ 4:15pm - 5:15pm				Brazilian Jiu Jitsu (open Mat) 4:00pm - 6:00pm
6:00pm Training Area 1	Strength Training 6:00pm - 6:55pm	HIIT Circuit 6:00pm - 6:55pm	Strength Training 6:00pm - 6:55pm	HIIT Circuit 6:00pm - 6:55pm			
6:00pm Training Area 2	Women's BJJ 6:00 - 7:00pm	Kickboxing 6:00pm - 7:00pm	Women's BJJ 6:00 - 7:00pm	Kickboxing 6:00pm - 7:00pm	Brazilian Jiu Jitsu (open Mat) 6:00pm - 7:30pm		
7:00pm Training Area 1	Strength Training 7:00pm - 7:55pm	HIIT Circuit 7:00pm - 7:55pm	Strength Training 7:00pm - 7:55pm	Strength Training 7:00pm - 7:55pm			
7:00pm Training Area 2	Wrestling 7:00pm - 8:30pm	Brazilian Jiu Jitsu 7:00pm - 8:30pm	Brazilian Jiu Jitsu 7:00pm - 8:30pm	Brazilian Jiu Jitsu 7:00pm - 8:30pm			