



CAMP UNDEFEATED CLASS SCHEDULE

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8		Muay Thai	Muay Thai	Muay Thai		
8-9						
12:30-1:30		Muay Thai	MMA	Muay Thai	Muay Thai	
1:00-2:00						Muay Thai Sparring
PM						
4:30-5:30						
5:30-6:00	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	
6-7	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	
7-8 pm	Gi BJJ	MMA	Gi BJJ	MMA	Gi BJJ	
8-9 pm						

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