



## Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM</b>						
<b>7:00</b>	Muay Thai 7:00-8:00	Muay Thai 7:00-8:00	Muay Thai 7:00-8:00	Muay Thai 7:00-8:00		
<b>10:00</b>						Open Mat 10-2
<b>PM</b>						
<b>12:30</b>	Muay Thai 12:30-1:30	MMA 12:30-1:30	Muay Thai 12:30-1:30	MMA 12:30-1:30	Muay Thai 12:30-1:30	
<b>4:00</b>						
<b>5:00</b>	Conditioning 5:30-6:00	Conditioning 5:30-6:00	Conditioning 5:30-6:00	Conditioning 5:30-6:00	Conditioning 5:30-6:00	
<b>6:00</b>	Muay Thai  MMA (beginner)	Muay Thai	Muay Thai  MMA (beginner)	Muay Thai technique	Muay Thai  Gi/NoGi BJJ (Free Rolling)	
<b>7:00</b>	Gi BJJ (mats)  Muay Thai (Intermediate/ Advanced)*	NoGi BJJ (mats)  Muay Thai (Intermediate/ Advanced)*	Gi BJJ (mats)  Muay Thai Sparring (Intermediate/ Advanced)*	NoGi BJJ (mats)  Muay Thai Conditioning (all levels)*	Muay Thai (Intermediate/ Advanced)*	
<b>8:00</b>	MMA (cage) Fight Training 8:00-9:00	MMA (cage) Fight Training 8:00-9:00	MMA (cage) Fight Training 8:00-9:00	MMA (cage) Fight Training 8:00-9:00	MMA (cage) Fight Training 8:00-9:00	

\*by invite only

August 2008