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	6:00AM	6:30AM	7:00AM
MON		BJJ	◇
TUE	Wicked Fitness	◇	
		Muay Thai Fundamentals	◇
WED		BJJ	◇
THU	Wicked Fitness	◇	
		Muay Thai Fundamentals	◇
FRI			

	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	
	Kids BJJ 9-15 yr		Street Boxing	◇	BJJ No Gi Skills	◇	BJJ No Gi	◇
	Kids Muay Thai 9-15 yr		Muay Thai Fundamentals	◇	Heavy Bags	◇	Muay Thai Advanced	◆
					Wicked Fitness	◇		
			BJJ Gi	◇	BJJ Gi Skills	◇	BJJ No Gi	◇
			Muay Thai Clinch	◇	Heavy Bags	◇	Muay Thai Sparring	◇
					Wicked Fitness	◇		
	Kids BJJ 9-15 yr		Street Boxing	◇	BJJ No Gi Skills	◇	BJJ No Gi	◇
	Kids Muay Thai 9-15 yr		Muay Thai Advanced	◆	Heavy Bags	◇	Muay Thai Fundamentals	◇
					Wicked Fitness	◇		
			BJJ Gi	◇	BJJ Gi Skills	◇	BJJ No Gi	◇
			Muay Thai Sparring	◇	Heavy Bags	◇	Recover	◇
					Wicked Fitness	◇		
	Open Mats (MT/BJJ/S&C)					◇		

BJJ GI: Brazilian Jiu Jitsu with Gi
BJJ NO GI: Brazilian Jiu Jitsu without Gi

◇ All ranks/experience levels
 ◆ Advanced ranks/experience only