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	6:30am	7:30am	8:00am	11:30am	12:30pm	4:45pm	5:30pm	6:30pm	7:00pm	8:00pm
MON				Muay Thai - Strength & Conditioning		Kids MT (9-15 Yrs)	Muay Thai		Muay Thai	
				BJJ - Gi		Kids BJJ - Gi (9-15 Yrs)	BJJ - Gi	BJJ - No Gi	BJJ Class Extension	
TUE	Muay Thai	Muay Thai Class Extension					Muay Thai - ADV	Muay Thai Sparring		
	BJJ - Gi	BJJ Class Extension					MMA			
							BJJ - Gi	BJJ - Gi - Rolling	BJJ Class Extension	
WED	Muay Thai Sparring	Muay Thai Class Extension		Muay Thai - Strength & Conditioning		Kids MT (9-15 Yrs)	Muay Thai	Muay Thai		
	BJJ Rolling	BJJ Class Extension		BJJ - Gi		Kids BJJ - Gi (9-15 Yrs)	BJJ - No Gi	BJJ - No Gi - Drilling	BJJ Class Extension	
THU	Muay Thai	Muay Thai Class Extension					Muay Thai Sparring		Getting Flexual	
	BJJ - No Gi	BJJ Class Extension							MMA	
							BJJ - Gi	BJJ - Gi	BJJ Class Extension	
FRI				Muay Thai - Strength & Conditioning		Kids MT (9-15 Yrs)	Muay Thai - Open Mats			
				BJJ - No Gi		Kids BJJ - No Gi (9-15 Yrs)	BJJ - Open Mats			

	9:00am	10:00am	10:30am	11:00am	12:00Noon	12:30pm
SAT	Muay Thai - Strength & Conditioning					
			BJJ - Gi	BJJ - No Gi	BJJ Class Extension	

Legend	
Gi	BJJ Uniform
No Gi	Rash guard and Shorts
Class Extension	Additional 30mins available for attendees.
Muay Thai S&C	Fitness & Conditioning based Muay Thai session