



ROOM >>>	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			<<< ROOM
	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	
6:45																						6:45
7:00	Muay Thai 06:30			Muay Thai 06:30			Muay Thai 06:30			Muay Thai 06:30			Muay Thai 06:30									7:00
7:15		BJJ (Purple) 06:45			BJJ (Blue) 06:45			BJJ (No-Gi) 06:45			BJJ (Blue) 06:45			BJJ (Purple) 06:45								7:15
7:30			Boxing (I) 07:00		Boxing (I) 07:00			Boxing (I) 07:00			Boxing (I) 07:00			Boxing (I) 07:00								7:30
7:45																						7:45
8:00	Muay Thai 07:30			Muay Thai 07:30			Muay Thai Sparring 07:30			Muay Thai 07:30			Muay Thai 07:30			Muay Thai 07:30			Muay Thai 07:30			8:00
8:15		BJJ (Blue) 07:45			BJJ (Purple) 07:45			BJJ (Blue) 07:45			BJJ (Purple) 07:45			BJJ (Blue) 07:45					BJJ (Blue) 07:45			8:15
8:30			WarriorFit 08:00		WarriorFit 08:00			WarriorFit 08:00			WarriorFit 08:00			WarriorFit 08:00					Muay Thai 08:00			8:30
8:45																						8:45
9:00	Muay Thai 08:30		WarriorFit (II) 08:45		WarriorFit (II) 08:45			WarriorFit (II) 08:45			WarriorFit (II) 08:45			WarriorFit (II) 08:45					Muay Thai 08:30			9:00
9:15		BJJ (Purple) 08:45			BJJ (Blue) 08:45			BJJ (Purple) 08:45			BJJ (Blue) 08:45			BJJ (Purple) 08:45					BJJ (Purple) 08:45			9:15
9:30																				Muay Thai Sparring 09:00		9:30
9:45																						9:45
10:00																						10:00
10:15																						10:15
10:30																						10:30
10:45																						10:45
11:00																						11:00
11:15																						11:15
11:30	Muay Thai 11:00			Muay Thai 11:00			Muay Thai 11:00			Muay Thai 11:00			Muay Thai 11:00			Muay Thai 11:00			BJJ (No-Gi) 10:45			11:30
11:45		BJJ (Blue) 11:15			BJJ (Blue) 11:15			BJJ (Blue) 11:15			BJJ (Blue) 11:15			BJJ (Blue) 11:15					BJJ (No-Gi) 10:45			11:45
12:00			Boxing (I) 11:30		Boxing (I) 11:30			Boxing (I) 11:30			Boxing (I) 11:30			Boxing (I) 11:30								12:00
12:15	Muay Thai 11:45			Muay Thai 11:45			Muay Thai 11:45			Muay Thai 11:45			Muay Thai 11:45			Muay Thai 11:45						12:15
12:30		BJJ (Blue) 12:15			BJJ (Purple) 12:15			BJJ (Blue) 12:15			BJJ (Purple) 12:15			BJJ (Blue) 12:15								12:30
12:45			WarriorFit 12:00		WarriorFit 12:00			WarriorFit 12:00			WarriorFit 12:00			WarriorFit 12:00								12:45
13:00	Muay Thai 12:30			Muay Thai 12:30			Muay Thai 12:30			Muay Thai 12:30			Muay Thai 12:30			Muay Thai 12:30						13:00
13:15			WarriorFit 13:00		WarriorFit 13:00			WarriorFit 13:00			WarriorFit 13:00			WarriorFit 13:00								13:15
13:30		BJJ (Purple) 13:15			BJJ (Blue) 13:15			BJJ (Purple) 13:15			BJJ (Blue) 13:15			BJJ (Purple) 13:15								13:30
13:45																						13:45
14:00																						14:00
14:15		BJJ Randori 14:15												BJJ Randori 14:15								14:15
14:30																						14:30
14:45																						14:45
15:00																						15:00
15:15																						15:15
15:30	Muay Thai 15:00			Muay Thai 15:00			Muay Thai 15:00			Muay Thai 15:00			Muay Thai 15:00			Muay Thai 15:00						15:30
15:45		BJJ (Blue) 15:15			BJJ (Blue) 15:15			BJJ (Blue) 15:15			BJJ (Blue) 15:15			BJJ (Blue) 15:15								15:45
16:00																						16:00
16:15																						16:15
16:30	Muay Thai 16:00			Muay Thai 16:00			Muay Thai 16:00			Muay Thai 16:00			Muay Thai 16:00			Muay Thai 16:00						16:30
16:45		BJJ (Purple) 16:15			BJJ (No-Gi) 16:15			BJJ (Purple) 16:15			BJJ (Purple) 16:15			BJJ (Purple) 16:15								16:45
17:00																						17:00
17:15																						17:15
17:30	Boxing (I) 17:00			Muay Thai 17:00			Boxing (I) 17:00			Muay Thai Sparring 16:30			Boxing (I) 17:00			WarriorFit 16:30						17:30
17:45		BJJ (Purple) 17:15			BJJ (Blue) 17:15			BJJ (Purple) 17:15			BJJ (Blue) 17:15			BJJ (Purple) 17:15								17:45
18:00																						18:00
18:15																						18:15
18:30	Muay Thai 18:00			Muay Thai 18:00			Muay Thai 18:00			Muay Thai 18:00			Muay Thai 18:00			Muay Thai 18:00						18:30
18:45		BJJ (Blue) 18:15			BJJ (Blue) 18:15			BJJ (Blue) 18:15			BJJ (Blue) 18:15			BJJ (Blue) 18:15								18:45
19:00			WarriorFit 18:30		WarriorFit 18:30			WarriorFit 18:30			WarriorFit 18:30			WarriorFit 18:30								19:00
19:15																						19:15
19:30	Muay Thai 19:00			Muay Thai 19:00			Muay Thai 19:00			Muay Thai 19:00			Muay Thai 19:00			Muay Thai 19:00						19:30
19:45		BJJ (Blue) 19:15			BJJ (Purple) 19:15			BJJ (Blue) 19:15			BJJ (No Gi) 19:15			BJJ (Blue) 19:15								19:45
20:00																						20:00
20:15																						20:15
20:30	Boxing (I) 20:00			Muay Thai 20:00			Boxing (I) 20:00			Muay Thai 20:00			Boxing (I) 20:00			Muay Thai 20:00						20:30
20:45		BJJ (Purple) 20:15			BJJ (Blue) 20:15			BJJ (Purple) 20:15			BJJ (Blue) 20:15			BJJ (No-Gi) 20:15								20:45
21:00																						21:00
21:15																						21:15
21:30	Muay Thai 21:00			Muay Thai 21:00			Muay Thai 21:00			Muay Thai 21:00			Muay Thai 21:00			Muay Thai 21:00						21:30
21:45		BJJ (Blue) 21:15			BJJ (No Gi) 21:15			BJJ (Blue) 21:15			BJJ (Blue) 21:15			BJJ (Blue) 21:15								21:45
22:00																						22:00
22:15																						22:15
22:30																						22:30

	BJJ Blue Mobility (Beginner)		Muay Thai Beginner / Level I
	BJJ Blue Techniques (Beginner)		Muay Thai Level II - V
	BJJ Purple (3 stripe white belt and above)		Boxing Beginner / Level I
	BJJ Purple/No-Gi Techniques (3 stripe white belt and higher)		Boxing Level II