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	MON	TUE	WED	THU	FRI		SAT	SUN
6:30 AM	Brazilian Jiu Jitsu (Gi)	Daily Combat Training Express	Daily Combat Training Express Brazilian Jiu Jitsu (Gi)	Daily Combat Training Express	Brazilian Jiu Jitsu (Gi)	8:00 AM	Daily Combat Training	Daily Combat Training
7:00 AM	Daily Combat Training	Muay Thai Daily Combat Training	Daily Combat Training	Muay Thai Daily Combat Training	Daily Combat Training	9:00 AM	Muay Thai	Muay Thai
8:00 AM	Beginner Muay Thai	Brazilian Jiu Jitsu (Gi)	Beginner Muay Thai	Brazilian Jiu Jitsu (Gi)	Beginner Muay Thai	10:00 AM	Wrestling	Wrestling
12:00 PM	Daily Combat Training	Muay Thai	Daily Combat Training	Muay Thai	Daily Combat Training	11:00 AM	Brazilian Jiu Jitsu (No Gi)	Brazilian Jiu Jitsu (No Gi)
4:30 PM	Youth MMA Daily Combat Training	Youth MMA Daily Combat Training	Youth MMA Daily Combat Training	Youth MMA Daily Combat Training	Youth MMA Daily Combat Training	HOURS		
5:30 PM	Brazilian Jiu Jitsu (No Gi) Daily Combat Training	Boxing Daily Combat Training	Brazilian Jiu Jitsu (No Gi) Daily Combat Training	Boxing Daily Combat Training	Boxing Daily Combat Training			
6:30 PM	Beginner Muay Thai	Brazilian Jiu Jitsu (Gi)	Beginner Muay Thai	Brazilian Jiu Jitsu (Gi)	Muay Thai Brazilian Jiu Jitsu (No Gi)	MONDAY - THURSDAY: 6:30 AM - 10:00 PM FRIDAY: 6:30 AM - 8:00 PM SATURDAY & SUNDAY: 8:00 AM - 5:00 PM		
7:30 PM	Advanced Muay Thai Daily Combat Training	Beginner Muay Thai Daily Combat Training	Advanced Muay Thai Daily Combat Training	Beginner Muay Thai Daily Combat Training				
8:30 PM	Drilling and Rolling	Drilling and Rolling	Drilling and Rolling	Drilling and Rolling				

