

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 7:00 AM				KETTLEBELL / TRX COMBO (LEE)		
10:30 AM- 11:30 AM	BOXING (REMY)	BOXING (REMY)	KETTLEBELL / BOXING (LEE/REMY)	BOXING (REMY)	BOXING (REMY)	10:00 AM BRAZILIAN JIU- JITSU (NO - GI) MIX (TODD)
12:00 PM to 1:00 PM	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	
1:00 PM to 1:30 PM	BRAZILIAN JIU- JITSU (GI) MIX (TODD)	BRAZILIAN JIU- JITSU (NO - GI) MIX (TODD)	BRAZILIAN JIU- JITSU (GI) MIX (TODD)	BRAZILIAN JIU- JITSU (NO - GI) MIX (TODD)	BRAZILIAN JIU- JITSU (GI) CLINIC (TODD)	12:00AM KETTLEBELL / TRX COMBO (LEE)
1:00 PM to 1:30 PM	BJJ SPARRING	BJJ SPARRING	BJJ SPARRING	BJJ SPARRING	BJJ SPARRING	
4:30 PM- 5:30 PM	BRAZILIAN JIU- JITSU (GI) KIDS (TODD)		BRAZILIAN JIU- JITSU (NO-GI) KIDS (TODD)			
5:00 PM- 6:00 PM	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	
6:00 PM to 7:00 PM	BRAZILIAN JIU- JITSU (GI) BEG. (TODD)	BRAZILIAN JIU- JITSU (NO - GI) BEG. (TODD)	BRAZILIAN JIU- JITSU (GI) BEG. (TODD)	BRAZILIAN JIU- JITSU (NO - GI) BEG. (TODD)	BRAZILIAN JIU- JITSU (GI) CLINIC (TODD)	
7:00 PM	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	
7:00 PM to 8:00 PM		KETTLEBELL / TRX COMBO (LEE)	STRENGTH AND CONDITION (LEE)	KETTLEBELL / TRX COMBO (LEE)		
8:00 PM		MUAY THAI SPARRING (JOHNNY)	MUAY THAI SPARRING (JOHNNY)			
8:00 PM to 9:00 PM		BOXING (REMY)		BOXING (REMY)		
8:00 PM to 9:00 PM	BRAZILIAN JIU- JITSU (GI) INT. (TODD)	BRAZILIAN JIU- JITSU (GI) Competition Team (TODD)	BRAZILIAN JIU- JITSU (GI) INT. (TODD)	BRAZILIAN JIU- JITSU (NO - GI) Competition Team (TODD)	BRAZILIAN JIU- JITSU (GI) INT. CLINIC (TODD)	
8:00 PM to 9:00 PM	BJJ SPARRING		BJJ SPARRING			