

MARCH 2010 MMA & BOXING (DOWNTOWN)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	1		2		3		4		5		6		7
10:30am-11:30am CardioBox	Julius	12:30pm-1:30pm Boxing 101	Julius	10:30am-11:30am CardioBox	Julius	12:30pm-1:30pm Boxing 101	Julius	12:30pm-1:30pm Boxing 101	Julius	11:30am-12:30pm Boxing 101	Randy	1pm-2pm Kettlebell & TRX Assault	Lee
12:30pm-1:30pm Boxing 101	Julius	5pm-6pm Boxing	Julius	12:30pm-1:30pm Boxing 101	Julius	5pm-6pm Boxing	Julius	5pm-6pm Kettlebell Workout	Lee				
5pm-6pm Boxing	Remy	6pm-7pm Wrestling	Jarrod	5pm-6pm Boxing	Remy	6pm-7pm BJJ	Brad	6pm-7pm Muay Thai	James				
6pm-7pm Muay Thai	James	7pm-8pm "INTRO" BJJ	Brad	6pm-7pm Muay Thai	James			7pm-8pm Wrestling	Jarrod				
7pm-8:30pm Judo	Julian			7pm-8:30pm Judo	Julian								
				8pm-9pm Kickboxing	James								
	8		9		10		11		12		13		14
10:30am-11:30am CardioBox	Julius	12:30pm-1:30pm Boxing 101	Julius	10:30am-11:30am CardioBox	Julius	12:30pm-1:30pm Boxing 101	Julius	12:30pm-1:30pm Boxing 101	Julius	11:30am-12:30pm Boxing 101	Randy	1pm-2pm Kettlebell & TRX Assault	Lee
12:30pm-1:30pm Boxing 101	Julius	5pm-6pm Boxing	Julius	12:30pm-1:30pm Boxing 101	Julius	5pm-6pm Boxing	Julius	5pm-6pm Kettlebell Workout	Lee				
5pm-6pm Boxing	Remy	6pm-7pm Wrestling	Jarrod	5pm-6pm Boxing	Remy	6pm-7pm Wrestling	Jarrod	6pm-7pm Muay Thai	James				
6pm-7pm Muay Thai	James	7pm-8pm "INTRO" BJJ	Brad	6pm-7pm Muay Thai	James	6pm-7pm BJJ	Brad	7pm-8pm Wrestling	Jarrod				
7pm-8:30pm Judo	Julian			7pm-8:30pm Judo	Julian								
				8pm-9pm Kickboxing	James								
	15		16		17		18		19		20		21
10:30am-11:30am CardioBox	Julius	12:30pm-1:30pm Boxing 101	Julius	10:30am-11:30am CardioBox	Julius	12:30pm-1:30pm Boxing 101	Julius	12:30pm-1:30pm Boxing 101	Julius	11:30am-12:30pm Boxing 101	Randy	1pm-2pm Kettlebell & TRX Assault	Lee
12:30pm-1:30pm Boxing 101	Julius	5pm-6pm Boxing	Julius	12:30pm-1:30pm Boxing 101	Julius	5pm-6pm Boxing	Julius	5pm-6pm Kettlebell Workout	Lee				
5pm-6pm Boxing	Remy	6pm-7pm Wrestling	Jarrod	5pm-6pm Boxing	Remy	6pm-7pm Wrestling	Jarrod	6pm-7pm Muay Thai	James				
6pm-7pm Muay Thai	James	7pm-8pm "INTRO" BJJ	Brad	6pm-7pm Muay Thai	James	6pm-7pm BJJ	Brad	7pm-8pm Wrestling	Jarrod				
7pm-8:30pm Judo	Julian			7pm-8:30pm Judo	Julian								
				8pm-9pm Kickboxing	James								
	22		23		24		25		26		27		28
10:30am-11:30am CardioBox	Julius	12:30pm-1:30pm Boxing 101	Julius	10:30am-11:30am CardioBox	Julius	12:30pm-1:30pm Boxing 101	Julius	12:30pm-1:30pm Boxing 101	Julius	11:30am-12:30pm Boxing 101	Randy	1pm-2pm Kettlebell & TRX Assault	Lee
12:30pm-1:30pm Boxing 101	Julius	5pm-6pm Boxing	Julius	12:30pm-1:30pm Boxing 101	Julius	5pm-6pm Boxing	Julius	5pm-6pm Kettlebell Workout	Lee				
5pm-6pm Boxing	Remy	6pm-7pm Wrestling	Jarrod	5pm-6pm Boxing	Remy	6pm-7pm Wrestling	Jarrod	6pm-7pm Muay Thai	James				
6pm-7pm Muay Thai	James	7pm-8pm "INTRO" BJJ	Brad	6pm-7pm Muay Thai	James	6pm-7pm BJJ	Brad	7pm-8pm Wrestling	Jarrod				
7pm-8:30pm Judo	Julian			7pm-8:30pm Judo	Julian								
				8pm-9pm Kickboxing	James								
	29		30		31		1		2		3		4
10:30am-11:30am CardioBox	Julius	12:30pm-1:30pm Boxing 101	Julius	10:30am-11:30am CardioBox	Julius								
12:30pm-1:30pm Boxing 101	Julius	5pm-6pm Boxing	Julius	12:30pm-1:30pm Boxing 101	Julius								
5pm-6pm Boxing	Remy	6pm-7pm Wrestling	Jarrod	5pm-6pm Boxing	Remy								
6pm-7pm Muay Thai	James	7pm-8pm BJJ	Brad	6pm-7pm Muay Thai	James								
7pm-8:30pm Judo	Julian			7pm-8:30pm Judo	Julian								
				8pm-9pm Kickboxing	James								

Boxing
 Brazilian Jiu-Jitsu (BJJ)
 Judo

Kettlebell Workout
 Kettlebell & TRX Assault
 Kickboxing

Muay Thai
 Wrestling