

MMA / BOXING WEEK SCHEDULE / MARCH , 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM-11:30AM BOXING [COACH UHALLEY]	12:00PM - 1:00PM BOXING [COACH RISK]	10:00AM-11:30AM BOXING [COACH UHALLEY]	12:00PM - 1:00PM BOXING [COACH RISK]	4:00PM - 5:00PM Strength & Conditioning [COACH RISK]	10:00AM - 11:00AM USA BOXING BOOTCAMP [COACH CJ]	12PM - 1:30 PM OPEN MAT
11:30AM-12:30PM Strength & Conditioning [COACH RISK]	5:00PM - 6:00PM Strength & Conditioning [Coach UHALLEY]	11:30AM-12:30PM Strength & Conditioning [COACH RISK]	5:00PM - 6:00PM Strength & Conditioning [Coach UHALLEY]		12PM - 2PM "Hell Day "	
5:00PM- 6:00PM USA BOXING BOOTCAMP [COACH CJ]	5:00PM - 6:00PM USA BOXING BOOTCAMP [COACH CJ]	5:00PM- 6:00PM USA BOXING BOOTCAMP [COACH CJ]	5:00PM - 6:00PM USA BOXING BOOTCAMP [COACH CJ]	5:00PM - 6:00PM Brazilian Jiu-Jitsu [COACH TODD]	2:00PM-3:30PM FIGHT CHIX	
5:00PM - 6:00PM KIDS KICK [INSTRUCTOR MARLIN]	5:00PM - 6:00PM Little Warriors [COACH TODD]	5:00PM-6:00PM KIDS KICK [INSTRUCTOR MARLIN]	5:00PM - 6:00PM Little Warriors [COACH TODD]		Visiti us at : www.KrueMilitiaMMA.com	
6:00PM-7:00PM Strength & Conditioning [COACH RISK]	6:00PM - 7:00PM INTRO BOXING [COACH RISK]	6:00PM-7:00PM Strength & Conditioning [COACH RISK]	6:00PM - 7:00PM INTRO BOXING [COACH RISK]		KEY	
6:00PM - 7:00PM WRESTLING [COACH JERROD]	6:00PM - 7:00PM MUAY THAI [KRU JOHNNY]	6:00PM - 7:00PM WRESTLING [COACH JERROD]	6:00PM - 7:00PM MUAY THAI [KRU JOHNNY]	6:00PM - 7:30PM FIGHT CHIX [KRU JOHNNY]	BOXING	BLUE
	7:00PM - 8:30PM JUDO [INSTRUCTOR JULIAN]		7:00PM - 8:00PM Brazilian Jiu-Jitsu [COACH TODD]		Strength & Conditioning	YELLOW
7:00PM-8:00PM Brazilian Jiu-Jitsu [COACH TODD]	7:00PM - 8:30PM SPARRING [KRU JOHNNY]	7:00PM-8:00PM Brazilian Jiu-Jitsu [COACH TODD]	7:00PM - 8:30PM SPARRING [KRU JOHNNY]		KIDS KICK	PURPLE
					WRESTLING	GREEN
					JUDO	GRAY
					Brazilian Ju Jitsu	BROWN
					MUAY THAI	BLACK
					SPARRING	RED
					FIGHT CHIX	PINK
					OPEN MATT	WHITE
7:30PM - 9:00PM BOXING [COACH REED]	7:30PM - 9:00PM BOXING [COACH REED]	7:30PM - 9:00PM BOXING [COACH REED]	8:30PM - 9:30PM USA BOXING BOOTCAMP [COACH CJ]	7:30PM - 9:00PM BOXING [COACH REED]	OPEN MAT	ORANGE