



For Program Levels and Training Plans - Talk to your Coach

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MMA: Beginners Level Workout Schedule					
6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM		9:30 PM - 10:30 PM
					1:00 PM - 2:30 PM
MMA: Intermediate Level 6 Months+ Workout Schedule					
6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	9:30 AM - 10:30 AM
7:50 PM - 9:15 PM		7:50 PM - 9:15 PM			1:00 PM - 2:30 PM
MMA: Advanced Level 2 Years+ Workout Schedule					
					9:30 AM - 10:30 AM
6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	10:15 AM - 11:30 AM
7:50 PM - 9:15 PM	7:50 PM - 9:15 PM	7:50 PM - 9:15 PM	7:50 PM - 9:15 PM		11:30 AM - 1:15 PM