

GYM SCHEDULE



	MON	TUE	WED	THU	FRI	SAT	SUN
6 AM	GI Jiu Jitsu 6-7 AM		GI Jiu Jitsu 6-7 AM				Closed
9 AM		Boxing		Boxing		Boxing	Ground Work Open Mat @10AM
11:30 AM	Boxing	NOGI Jiu Jitsu	Boxing	NOGI Jiu Jitsu	Boxing	MMA Sparring @ 10AM	
3:30 PM	Kids Beginner GI Jiu Jitsu		Kids Beginner GI Jiu Jitsu			Open Mat @ 12 Noon	
4:30 PM	Kids advanced GI Jiu Jitsu	Youth Boxing	Kids advanced GI Jiu Jitsu	Youth Boxing		Closed	
5:30 PM	GI Jiu Jitsu & Muay Thai	NOGI Jiu Jitsu & Boxing	GI Jiu Jitsu & Muay Thai	NOGI Jiu Jitsu & Boxing	Open Striking Room	Closed	
7 PM		MMA		MMA		Closed	