

## MONDAY

---

|                |               |              |              |             |              |                 |
|----------------|---------------|--------------|--------------|-------------|--------------|-----------------|
| 7AM            | 4PM MAT 1 & 2 | 530PM MAT 2  | 530PM MAT 1  | 630PM MAT 2 | 630PM MAT 1  | 730PM MAT 1 & 2 |
| ADULTS / TEENS | PRO / AMATEUR | KIDS / TEENS | INTERMEDIATE | BEGINNER    | INTERMEDIATE | ADULTS / TEENS  |
| MMA STRIKING   | TEAM PRACTICE | KICKBOXING   | JIU-JITSU    | KICKBOXING  | KICKBOXING   | MMA SKILLS      |

## TUESDAY

---

|                |               |              |              |             |              |                 |
|----------------|---------------|--------------|--------------|-------------|--------------|-----------------|
| 7AM            | 4PM MAT 1 & 2 | 530PM MAT 2  | 530PM MAT 1  | 630PM MAT 2 | 630PM MAT 1  | 730PM MAT 1 & 2 |
| ADULTS / TEENS | PRO / AMATEUR | KIDS / TEENS | INTERMEDIATE | BEGINNER    | INTERMEDIATE | ADULTS / TEENS  |
| WRESTLING      | TEAM PRACTICE | JIU-JITSU    | BOXING       | JIU-JITSU   | JIU-JITSU    | MMA GRAPPLING   |

## WEDNESDAY

---

|                |               |              |              |             |              |                 |
|----------------|---------------|--------------|--------------|-------------|--------------|-----------------|
| 7AM            | 4PM MAT 1 & 2 | 530PM MAT 2  | 530PM MAT 1  | 630PM MAT 2 | 630PM MAT 1  | 730PM MAT 1 & 2 |
| ADULTS / TEENS | PRO / AMATEUR | KIDS / TEENS | INTERMEDIATE | BEGINNER    | INTERMEDIATE | ADULTS / TEENS  |
| KICKBOXING     | TEAM PRACTICE | BOXING       | WRESTLING    | BOXING      | BOXING       | MMA SKILLS      |

## THURSDAY

---

|                |               |              |              |             |              |                 |
|----------------|---------------|--------------|--------------|-------------|--------------|-----------------|
| 7AM            | 4PM MAT 1 & 2 | 530PM MAT 2  | 530PM MAT 1  | 630PM MAT 2 | 630PM MAT 1  | 730PM MAT 1 & 2 |
| ADULTS / TEENS | PRO / AMATEUR | KIDS / TEENS | INTERMEDIATE | BEGINNER    | INTERMEDIATE | ADULTS / TEENS  |
| WRESTLING      | TEAM PRACTICE | WRESTLING    | KICKBOXING   | WRESTLING   | WRESTLING    | MMA STRIKING    |

## FRIDAY

---

|                |               |              |              |                |                |
|----------------|---------------|--------------|--------------|----------------|----------------|
| 7AM            | 4PM MAT 1 & 2 | 530PM MAT 2  | 530PM MAT 1  | 630PM MAT 2    | 630PM MAT 1    |
| ADULTS / TEENS | PRO / AMATEUR | KIDS / TEENS | INTERMEDIATE | ADULTS / TEENS | ADULTS / TEENS |
| MMA STRIKING   | TEAM PRACTICE | SPARRING     | MMA SKILLS   | MMA SPARRING   | MMA SPARRING   |

### TEAMS MMA TRAINING SCHEDULE

## SATURDAY

|                  |                  |                      |               |
|------------------|------------------|----------------------|---------------|
| 9AM - 11AM MAT 1 | 9AM - 11AM MAT 2 | 930AM - 11AM MAT 2   | 11AM - 12PM   |
| ADULTS / TEENS   | ADULTS / TEENS   | ADULTS / TEENS       | VETERANS      |
| NO GI GRAPPLING  | MMA SPARRING     | WOMEN'S SELF DEFENSE | SUPPORT GROUP |

