

### Full Training Schedule

Day	Time	Location	Class
<b>Sunday</b>	10:30am-12:30pm 11:00am-12:00pm 12:30pm-1:00pm 1:00pm-2pm	Delaware Exton Delaware	Competition Training #FemaleWarriors Open Mat Submission Grappling Basics
<b>Monday</b>	6:30pm-8:00pm 7:15pm-8:45pm	Delaware Exton	Submission Grappling Submission Grappling
<b>Wednesday</b>	6:00pm-7:30pm	Delaware	Submission Grappling
<b>Thursday</b>	7:00pm-8:00pm 7:15pm-8:15pm	Rev BJJ Ksq Exton	Krav Maga Krav Maga
<b>Friday</b>	7:00am-8:30am	Delaware	Open Mat

#### MaxOut Sports 180 Gordon Dr Exton, PA

Day	Time	Location	Class
<b>Sunday</b>	11:00am-12:00pm 12:00pm-1:00pm	Exton Exton	#FemaleWarriors Krav Maga
<b>Monday</b>	7:15pm-8:45pm	Exton	Submission Grappling
<b>Thursday</b>	7:15pm-8:15pm	Exton	Krav Maga

#### Revolution BJJ 210 S Mill Rd Kennett Square, PA

Day	Time	Location	Class
<b>Sunday</b>	6:00pm-7:00pm	Rev BJJ Ksq	Krav Maga
<b>Thursday</b>	7:00pm-8:00pm	Rev BJJ Ksq	Krav Maga

#### DE Swim & Fitness 4905 Mermaid Blvd Wilmington, DE

Day	Time	Location	Class
<b>Sunday</b>	10:30am-12:30pm 12:30pm-1:00pm 1:00pm-2:00pm	Delaware Delaware	Competition Training Open Mat Submission Grappling Basics
<b>Monday</b>	6:30pm-8:00pm	Delaware	Submission Grappling
<b>Wednesday</b>	6:00pm-7:30pm	Delaware	Submission Grappling
<b>Friday</b>	7:00am-8:30am	Delaware	Open Mat