

ALPHA

TRAINING CENTRE

	MON	TUE	WED	THU	FRI	SAT	SUN
5AM	JIU-JITSU	JIU-JITSU	JIU-JITSU	JIU-JITSU	JIU-JITSU		
6AM	WRESTLING + MMA	WRESTLING + MMA	WRESTLING + MMA	WRESTLING + MMA	WRESTLING + MMA		
9AM						JIU-JITSU WRESTLING MMA	
10AM	JIU-JITSU WRESTLING MMA	JIU-JITSU WRESTLING MMA	JIU-JITSU WRESTLING MMA	JIU-JITSU WRESTLING MMA			
430PM	KIDS JIU-JITSU	KIDS MMA	KIDS WRESTLING	KIDS BOXING			
515PM	JIU-JITSU	JIU-JITSU WRESTLING MMA	WRESTLING + MMA	JIU-JITSU WRESTLING MMA	JIU-JITSU WRESTLING MMA		
615PM	WRESTLING + MMA	BOXING	JIU-JITSU BOXING	BOXING			