

SCHEDULE 2

June 13, 2016

MMA, Kung Fu and Kids Classes

All Levels MMA (MMA, Jiu Jitsu, Muay Thai)			Muay Thai	MMA	Sparring
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 PM MMA	5:30 PM Muay Thai		5:30 PM Muay Thai		
6:30 PM Submission Grappling	6:30 - 8:00 PM MMA Sparring&Grapple		6:30 PM Submission Grappling	6:30 - 8:00 PM MMA Sparring&Grapple	
7:30 PM BJJ Open Mat			7:30 PM BJJ Open Mat		

Kung Fu San Soo (Street-Wise Self Defense)			Kung Fu	Open Mat	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30 AM All Levels Kung Fu
6:30 PM All Levels Kung Fu		6:30 PM All Levels Kung Fu	6:30 PM All Levels Kung Fu	6:30 - 8:00 PM Open Gym Sparring&Grapple	
7:30 PM KF Open Mat		7:30 PM KF Open Mat	7:30 PM KF Open Mat		

Kids Classes (Kung Fu & Jiu Jitsu)			Kung Fu	Jiu Jitsu	Advanced
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 PM Kid's Kung Fu	5:30 PM Kid's Jiu Jitsu	5:30 PM Kid's Kung Fu	5:30 PM Kid's Jiu Jitsu		



SCHEDULE 1

June 13 2016

BJJ, Grappling, Muay Thai, and Boot Camp

Brazilian Jiu Jitsu and No Gi Grappling		Gi Jiu Jitsu	No Gi Grappling	BJJ Open Mat	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 AM All Levels BJJ		9:00 AM All Levels BJJ	9:00 AM All Levels BJJ	
	10:00 BJJ Open Mat		10:00 BJJ Open Mat	10:00 BJJ Open Mat	
		11:00 AM Adv/Coaches			10:30 AM All Levels BJJ
		12:00 PM BJJ Open Mat			11:30 AM Q&A/Sparring Open Workouts
		5:30 PM BJJ Fundamentals			
6:30 PM All Levels BJJ	6:30 PM All Levels BJJ	6:30 PM All Levels BJJ	6:30 PM All Levels BJJ		
7:30 PM BJJ Open Mat	7:30 PM BJJ Open Mat	7:30 PM BJJ Open Mat	7:30 PM BJJ Open Mat		

Muay Thai		Muay Thai Class	Sparring	Open Gym Sparring	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 PM Muay Thai		5:30 PM Muay Thai		
	6:30 - 8:00 PM Open Gym Sparring&Grapple			6:30 - 8:00 PM Open Gym Sparring&Grapple	

Extreme Fit Boot Camp		Boot Camp			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:00 - 6:30 AM Boot Camp	5:00 - 6:30 AM Boot Camp	5:00 - 6:30 AM Boot Camp	7:30 - 9:00 AM Boot Camp

