

## 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	
		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

