

RECAP

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 am Muay Thai 60 min	7:00 am BJJ 60 min	7:00 am Boxing 60 min	7:00 am BJJ No-Gi 60 min	7:00 am Muay Thai 60 min	7:00 am BJJ 60 min		
8:00 am Muay Thai Sparring 60 min		8:00 am Muay Thai 60 min		8:00 am Boxing 60 min			
9:00 am Muay Thai 60 min		9:00 am Muay Thai 60 min	9:00 am Boxing 60 min	9:00 am Muay Thai 60 min	9:00 am Muay Thai Technique 60 min	9:00 am Muay Thai 60 min	9:00 am Muay Thai 60 min
						10:00 am Kids MT 45 min (5-8 y.o.)	10:00 am Kids BJJ 45min (9-13 y.o.)
11:00 am Muay Thai 60 min		11:00 am Muay Thai 60 min	11:00 am Muay Thai 60 min	11:00 am Muay Thai 60 min	11:00 am Muay Thai 60 min	10:45 am Kids MT 45 min (9-13 y.o.)	11:00 am Muay Thai 60 min
12:00 pm Muay Thai Technique 60 min	12:00 pm BJJ 60 min	12:00 pm Muay Thai 60 min	12:00 pm BJJ 60 min	12:00 pm Muay Thai Sparring 60 min	12:00 pm BJJ No-Gi 60 min	11:45 am BJJ 60 min	12:00 pm Muay Thai Technique 60 min
1:00 pm Boxing 60 min	1:00 pm BJJ No-Gi 60 min	1:00 pm Muay Thai Sparring 60 min	1:00 pm Grappling Competitors 60 min	1:00 pm Muay Thai 60 min	1:00 pm BJJ 60 min	12:30 pm Muay Thai Sparring 60 min	1:00 pm Muay Thai 60 min
						12:45 pm BJJ Sparring	2:00 pm Boxing 60 min
						1:30 pm Muay Thai 60 min	
						2:30 pm Muay Thai Technique 60 min	
4:00 pm Muay Thai 60 min		3:30 pm Muay Thai 60 min		3:30 pm Muay Thai 60 min	3:30 pm Muay Thai 60 min		
5:00 pm Muay Thai 60 min		4:30 pm Kids MT 45 min (5-8 y.o.)	4:30 pm Kids BJJ 45 min (9-13 y.o.)	4:30 pm Kids MT 45 min (5-8 y.o.)	4:30 pm Kids BJJ 45 min (9-13 y.o.)	4:30 pm Kids MT 45 min (5-8 y.o.)	4:30 pm Kids BJJ 45 min (9-13 y.o.)
6:00 pm Boxing 60 min	6:15 pm BJJ 60 min	5:15 pm Kids MT 45 min (9-13 y.o.)	5:30 pm Kids BJJ 45 min (5-8 y.o.)	5:15 pm Kids MT 45 min (9-13 y.o.)	5:30 pm Kids BJJ 45 min (5-8 y.o.)	5:15 pm Kids MT 45 min (9-13 y.o.)	5:30 pm Kids BJJ 45 min (5-8 y.o.)
7:00 pm Muay Thai 60 min	7:15 pm BJJ 60 min	6:00 pm Muay Thai Technique 60 min	6:15 pm BJJ 60 min	6:00 pm Muay Thai Sparring 60 min	6:15 pm BJJ 60 min	6:00 pm Muay Thai 60 min	6:15 pm BJJ 60 min
8:00 pm Muay Thai 60 min	8:15 pm BJJ Sparring 60 min	7:00 pm Muay Thai 60 min	7:15 pm BJJ No-Gi 60 min	7:00 pm Muay Thai 60 min	7:15 pm BJJ No-Gi 60 min	7:00 pm Muay Thai Technique 60 min	7:15 pm BJJ 60 min
9:00 pm Muay Thai Technique 60 min		8:00 pm Muay Thai Sparring 60 min	8:15 pm BJJ Sparring 60 min	8:00 pm Muay Thai 60 min	8:15 pm BJJ Sparring 60 min	8:00 pm Muay Thai Sparring 60 min	8:15 pm BJJ Sparring 60 min
		9:00 pm Muay Thai 60 min		9:00 pm Boxing 60 min			

Classes in Striking Room

-  Muay Thai
-  Boxing
-  Kids MT
-  Muay Thai Sparring
-  Muay Thai Advanced

Classes in Grappling Room

-  BJJ
-  BJJ No-Gi
-  Kids BJJ
-  BJJ Sparring
-  Grappling Competitors