

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	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 Muay Thai Technique 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 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	11:00 am Muay Thai 60 min
12:00 pm Muay Thai Technique 60 min	12:00 pm BJJ No-Gi 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	12:00 pm Muay Thai Technique 60 min	12:00 pm BJJ 60 min
1:00 pm Boxing 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 Grappling Competitors 60 min	1:00 pm Muay Thai 60 min	1:00 pm Muay Thai 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	2:00 pm Boxing 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		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	6:45 pm BJJ 60 min	6:00 pm Muay Thai Technique 60 min	6:00 pm Muay Thai Sparring 60 min	6:00 pm Muay Thai Technique 60 min	6:00 pm Muay Thai 60 min	6:00 pm Muay Thai 60 min	6:00 pm Muay Thai 60 min
8:00 pm Muay Thai 60 min	7:45 pm BJJ 60 min	7:00 pm Muay Thai 60 min	7:00 pm BJJ No-Gi 60 min	7:00 pm Muay Thai 60 min	7:00 pm BJJ No-Gi 60 min	7:00 pm Muay Thai 60 min	7:00 pm BJJ 60 min
9:00 pm Muay Thai Technique 60 min		8:00 pm Muay Thai Sparring 60 min	8:00 pm BJJ No-Gi 60 min	8:00 pm Muay Thai 60 min	8:00 pm BJJ No-Gi 60 min	8:00 pm Muay Thai Sparring 60 min	8:00 pm BJJ No-Gi 60 min
		9:00 pm Muay Thai 60 min	9:00 pm Muay Thai 60 min	9:00 pm Boxing 60 min	9:00 pm Muay Thai 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