

August 2014 Summer Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B
			Muay Thai (11-12pm)				Muay Thai (11-12pm)					
	BJJ (12-1pm)	Muay Thai (12-1pm)	BJJ (12-1pm)		BJJ (12-1pm)	Muay Thai (12-1 pm)	BJJ (12-1pm)		BJJ (12-1pm)		Beginner Kickboxing 10am-11am	
											Open Mat 11am-12 pm	
5:00		FTF Training 5:00-6:00		FTF Training 5:00-6:00		FTF Training 5:00-6:00		FTF Training 5:00-6:00		Kickboxing 5:00 -6:00		
5:30												
6:00	Beginner Kickboxing 5:30 – 6:30	Wrestling 6:00 – 7:30	Kids BJJ 6:00-7:00	Muay Thai 6:00-7:00 conditioning	Beginner Kickboxing 5:30 – 6:30	Wrestling 6:00 – 7:30	Kids BJJ 6:00-7:00	Muay Thai 6:00-7:00 conditioning		JUDO/Open Mat 6:00-7:00		
6:30												
7:00	BJJ 6:30-8:00	Intermediate KickBoxing 7:30-9:00	Muay Thai 7:00-7:30 SPARRING		BJJ 6:30-8:00	Intermediate KickBoxing 7:30-9:00	Muay Thai 7:00-7:30 SPARRING					
7:30												
8:00			BJJ 7:30-9:30	FTF Training			No Gi 7:30-9:30	FTF Training				
8:30	Systema 8:00-9:30				Systema 8:00-9:30							