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| Time     | Monday                      | Tuesday                            | Wednesday                   | Thursday                           | Friday                      | Saturday                | Sunday |
|----------|-----------------------------|------------------------------------|-----------------------------|------------------------------------|-----------------------------|-------------------------|--------|
| 6:30 AM  | Strength & Conditioning     | Strength & Conditioning            | Strength & Conditioning     | Strength & Conditioning            | Strength & Conditioning     |                         |        |
|          |                             |                                    |                             |                                    |                             | Barbell Basics          |        |
| 9:00 AM  |                             |                                    |                             |                                    |                             | Kids BJJ (7-12yr)       |        |
| 10:00 AM |                             |                                    |                             |                                    |                             | Muay Thai               |        |
| 10:00 AM | Cardio Kickboxing           | Muay Thai Fitness & Fundamentals   | Cardio Kickboxing           | Muay Thai Fitness & Fundamentals   | Cardio Kickboxing           | Cardio Kickboxing       |        |
| 10:00 AM |                             |                                    |                             |                                    |                             | Strength & Conditioning |        |
| 10:00 AM |                             |                                    |                             |                                    |                             | BJJ Gi Fundamentals     |        |
| 11:00 AM |                             |                                    |                             |                                    |                             | Cardio Kickboxing       |        |
| 11:00 AM |                             |                                    |                             |                                    |                             | Strength & Conditioning |        |
| 11:30 AM | BJJ Gi Fundamentals/Advance | Brazilian Jiu-Jitsu No-Gi Advanced | BJJ Gi Fundamentals/Advance | Brazilian Jiu-Jitsu No-Gi Advanced | BJJ Gi Fundamentals/Advance | BJJ Gi & No-Gi Advanced |        |
| 12:00 PM | Strength & Conditioning     | Strength & Conditioning            | Strength & Conditioning     | Strength & Conditioning            | Strength & Conditioning     |                         |        |
| 12:00 PM | Boxing                      | Muay Thai                          | Boxing                      | Muay Thai                          | Muay Thai                   |                         |        |
|          |                             |                                    |                             |                                    |                             |                         |        |
| 3:30 PM  | Kids BJJ (3-4yr)            |                                    | Kids BJJ (3-4yr)            |                                    |                             |                         |        |
| 4:00 PM  |                             | Kids Kickboxing (All Ages)         | Strength & Conditioning     | Kids Kickboxing (All Ages)         |                             |                         |        |
| 4:15 PM  | Kids BJJ (5-7yr)            |                                    | Kids BJJ (5-7yr)            |                                    |                             |                         |        |
| 5:00 PM  |                             | Kids No Gi BJJ (7-12yr)            |                             | Kids No Gi BJJ (7-12yr)            |                             |                         |        |
| 5:00 PM  | Kids BJJ (8-13yr)           | Kids Boxing (All Ages)             | Kids BJJ (8-13yr)           | Kids Boxing (All Ages)             |                             |                         |        |
| 5:00 PM  | Cardio Kickboxing           | Cardio Kickboxing                  | Cardio Kickboxing           | Cardio Kickboxing                  | Muay Thai                   |                         |        |
| 5:00 PM  | Strength & Conditioning     | Strength & Conditioning            | Strength & Conditioning     | Strength & Conditioning            | Strength & Conditioning     |                         |        |
| 6:00 PM  | Cardio Kickboxing           | Cardio Kickboxing                  | Cardio Kickboxing           | Cardio Kickboxing                  | Cardio Kickboxing           |                         |        |
| 6:00 PM  | Strength & Conditioning     | Strength & Conditioning            | Strength & Conditioning     | Strength & Conditioning            | Strength & Conditioning     |                         |        |
| 6:00 PM  | Boxing                      | Boxing                             | Boxing                      | Boxing                             | Boxing                      |                         |        |
| 6:00 PM  | BJJ Gi Fundamentals         | BJJ No-Gi Fundamentals             | BJJ Gi Fundamentals         | BJJ No-Gi Fundamentals             |                             |                         |        |
| 7:00 PM  | BJJ Gi Advanced             | BJJ No-Gi Advanced                 | BJJ Gi Advanced             | BJJ No-Gi Advanced                 |                             |                         |        |
| 7:00 PM  | Strength & Conditioning     | Strength & Conditioning            |                             | Strength & Conditioning            |                             |                         |        |
| 7:00 PM  | Cardio Kickboxing           |                                    | Cardio Kickboxing           |                                    |                             |                         |        |
| 7:00 PM  | Muay Thai                   | Muay Thai                          | Muay Thai                   | Muay Thai                          |                             |                         |        |

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