	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9AM-10AM	Open Earlier By Appointment	Open Earlier By Appointment	Open Earlier By Appointment	Open Earlier By Appointment	Open Earlier By Appointment	Open Earlier By Appointment	Open Earlier By Appointment
10AM-11AM	Open Training	Open Training	Open Training	Open Training	Open Training	Adults Fundamentals MMA	Open Training
						Open Training	Open Training
11AM-12PM						Junior MMA	Open Training
12PM-1PM						MMA Sparring & Grappling	Open Training
1PM-5PM							
5PM-6PM	Junior Fundamentals Wrestling	SMMASH (3-5 yrs)	Junior Fundamentals Striking	SMMASH (3-5 yrs)	Junior Fundamentals Groundwork		
	Open Training	Open Training	Open Training	Open Training	Open Training		
6РМ-7РМ	Junior Submission Grappling	Junior Striking / Kickboxing	Junior Wrestling	Junior Striking / Kickboxing	Junior MMA		
	Brazillian Jiu Jitsu (Gi) Class	Brazillian Jiu Jitsu (Gi) Open Mat Rolling	Brazillian Jiu Jitsu (Gi) Class	Brazillian Jiu Jitsu (Gi) Open Mat Rolling	Brazillian Jiu Jitsu (Gi) Open Mat Rolling		
	Adults Fundamentals Wrestling	Adults Boxing	Adults Fundamentals Striking	Adults Fundamentals Groundwork	Adults Boxing		
7PM-8PM	Adults MMA - Submission Grappling	Adults MMA - Striking/Thai/Kickboxing	Adults MMA - Wrestling	Adults MMA - Striking/Thai/Kickboxing	Adults MMA - Ground n Pound		
	Adults Boxing	Adults Boxing Sparring	Adults Boxing	Open Training	Adults Boxing Sparring		
8PM-9PM	Striking/Thai/Kickboxing Advanced	Rolling	Striking/Thai/Kickboxing Advanced	Rolling	Rolling		
	Sparring	Sparring	Sparring	Sparring	Sparring		