	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						Adults Fundamentals MMA	Open Training
						Open Training	Open Training
11AM-12PM	Open Training	Open Training	Open Training	Open Training	Open Training	Junior MMA	Open Training
						MMA Sparring & Grappling	
12PM-1PM						Open Training	Open Training
1PM-5PM	PTs & Training By Appointment	PTs & Training By Appointment	PTs & Training By Appointment	PTs & Training By Appointment	PTs & Training By Appointment		
5PM-6PM	Junior Fundamentals Wrestling	Junior Brazillian Jiu Jitsu (Gi)	Junior Fundamentals Striking	Junior Brazillian Jiu Jitsu (Gi)	Junior Fundamentals Groundwork		
	Open Training	Open Training	Open Training	Open Training	(5:30PM-6:15PM) BJJ Gi Rolling		
6PM-7PM	Junior Intermediate Submission Grappling	Junior Intermediate Striking/Kickboxing	Junior Intermediate Wrestling	Junior Intermediate Striking/Kickboxing	Junior Intermediate MMA		
	Brazillian Jiu Jitsu (Gi) Class	Brazillian Jiu Jitsu (Gi) Class	Brazillian Jiu Jitsu (Gi) Class	Brazillian Jiu Jitsu (Gi) Class	(6:15PM - 7PM) No-Gi Rolling		
	Adults Fundamentals Wrestling	Adults Boxing	Adults Fundamentals Striking	Adults Fundamentals Groundwork	Adults Boxing		
7PM-8PM	Intermediate Adults MMA - Submission Grappling	Intermediate Adults MMA - Striking/Thai/Kickboxing	Intermediate Adults MMA - Wrestling	Intermediate Adults MMA - Striking/Thai/Kickboxing	Intermediate 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		