

MO		DI		MI		DO		FR		SA		SO
Kick-Thaiboxen 9:00 - 10:00		Open Mat		Oxygen Advantage 9:00 - 10:00		Open Mat		Kick-Thaiboxen 9:00 - 10:00		Open Mat		
BJJ Fundamentals 10:00 - 11:00		LutaLivre 10:00 - 11:00				LutaLivre 10:00 - 11:00		BJJ Fundamentals 10:00 - 11:00		BJJ Drills 10:00 - 11:00		Boxen Basics 10:00 - 11:00
										Kick-Thaiboxen 11:00 - 12:30		Open Mat
												Grappling Concept Group Advanced 11:00 - 12:30
												LutaLivre 13:00 - 14:30
BJJ 18:00-19:30		Kettlebell Basics 18:00 - 19:00		Kick-Thaiboxen 18:00 - 19:30		↓ NEW!		Wrestling Drills 18:00 - 19:00		Blocked		Kick-Thaiboxen 18:00 - 19:30
				Boxen Basics 19:00 - 20:00		MMA 19:00 - 20:00		Grappling Comp. Class		MMA 17:30 - 18:30		Kettlebell Mixed 18:00 - 19:00
Kick-Thaiboxen 19:30 - 21:00		LutaLivre 19:30 - 21:00		Open Mat		Open Mat		Blocked		LutaLivre 18:30 - 19:30		Open Mat
								BJJ 19:30 - 21:00		Kettlebell Mixed 20:00 - 21:00		

