


MO	DI	MI	DO	FR	SA	SO
		LutaLivre 7:00 - 8:00				
	Kick-Thai 8:30 - 9:30	Open Mat		BJJ 8:30 - 9:30		
	LutaLivre 9:30 - 10:30		Kick-Thai 9:30 - 10:30			
					MMA Basics 10:00 - 11:00	Boxen Basics 10:00 - 11:00
					Kick-Thai 11:00 - 12:00	Open Mat
						Grappling Concept Group 11:00 - 12:30
					MMA Advanced 12:00 - 13:00	
						LutaLivre 13:00 - 14:30
				MMA Advanced 16:30 - 17:30		
MMA Advanced 17:00 - 18:00		MMA Advanced 17:00 - 18:00				
BJJ 18:00 - 19:30	Kettlebell Basics 18:00 - 19:00	Wrestling Drills 18:00 - 19:00	BJJ 18:00 - 19:30	Kick-Thai Advanced 17:30 - 18:30	Kettlebell Mixed 18:00 - 19:00	
	Kick-Thai Advanced 18:00 - 19:30			LutaLivre 18:30 - 19:30		
	Boxen Basics 18:30 - 19:30	MMA Basics 19:00 - 20:00				
Kick-Thai 19:30 - 21:00	LutaLivre 19:30 - 21:00	Grappling Sparring 19:00 - 20:00	Kick-Thai Basics 19:30 - 21:00		Kettlebell Mixed 19:30 - 20:30	
		Booked	Booked			