

WEEKLY TRAINING SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
MORNING	6:00a	Jiu Jitsu Drills	Fit Camp	Jiu Jitsu Drills	Fit Camp	Jiu Jitsu Drills	8:00	Jiu Jitsu Marathon Roll	
		Boxing for Fitness		Boxing for Fitness			9:00	Boxing for Fitness	
	11:15a	Athletic Conditioning	Fit Camp	Athletic Conditioning	Fit Camp	Muay Thai (11:00)	9:00	Kids Jiu Jitsu (9:15)	
	12:00p	Muay Thai	Technical Jiu Jitsu	Muay Thai	Technical Jiu Jitsu	All Level Jiu Jitsu	10:00	Muay Thai	
Co-ed Yoga		10:30					Technical Jiu Jitsu		
Closed 1:00 - 4:00									
AFTERNOON / EVENING	4:30p	---	Boxing for Fitness Express (30 min class)	---	Boxing for Fitness Express (30 min class)	---	Family Jiu Jitsu every other Saturday at 9:15am.		
	5:15p	Fit Camp	Boxing for Fitness	Fit Camp	Boxing for Fitness	---			
		Kids Muay Thai	Kids Jiu Jitsu	Kids Muay Thai	Kids Jiu Jitsu	Kids Muay Thai			
	6:00p	Muay Thai						Kid's Tues/Thurs Jiu Jitsu Details Ages 4-6 5:00 - 5:35 Ages 7-9 5:00 - 5:45 Ages 10-14 5:45 - 6:45	
	6:15p	Technical Jiu Jitsu		Technical Jiu Jitsu		No-Gi Jiu Jitsu			
		Vinyasa Yoga @ WWC (6:30)		Hatha Yoga @ WWC					
	7:00p	Boxing for Fitness (7:15)	Competition Kickboxing	Competition Kickboxing	Competition Kickboxing	Competition Kickboxing			
			Competition Jiu Jitsu		Competition Jiu Jitsu				
7:30p	Jiu Jitsu Sparring	---	Women's Jiu Jitsu	---					
	Jiu Jitsu Blue Bar		Jiu Jitsu Sparring						
			Jiu Jitsu Blue Bar						

