WEEKLY TRAINING SCHEDULE								
		Monday	Tuesday	Wednesday	Thursday	Friday	MUAY THA	▓▁▋
AM	6:00a	Jiu Jitsu Drills		Jiu Jitsu Drills	Fit Camp	Recovery Class	Saturday	
		Boxing for Fitness	Fit Camp	Boxing for Fitness			8:00	Jiu Jitsu Marathon Roll
	11:15a	Athletic Conditioning	Fit Camp	Athletic Conditioning	Fit Camp	Muay Thai (11:00)		Boxing for Fitness
	12:00p	Muay Thai	Technical	Muay Thai	Technical Jiu Jitsu	All Level Jiu Jitsu	9:15	Family Jiu Jitsu
		Co-ed Yoga	Jiu Jitsu	ividay indi			10:00	Muay Thai
Closed 1:00 - 4:00							10:30	Technical Jiu Jitsu
Mq	4:30p		Boxing for Fitness Express (30 min class)		Boxing for Fitness Express (30 min class)		Kid's Tues/Thurs Jiu Jitsu Details	
	5:00p		Kids Jiu Jitsu (4-9)		Kids Jiu Jitsu (4-9)			
	5:15p	Fit Camp	Boxing for Fitness	Fit Camp	Boxing for Fitness			
		Kids Muay Thai		Kids Muay Thai	Kids Mua	Kids Muay Thai	Ages 4 - 6	
	5:45p		Kids Jiu Jitsu (10-14)	,	Kids Jiu Jitsu (10-14)		5:00 - 5:35	
	6:00p	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Ages 7 - 9	
	6:15p	Technical Jiu Jitsu		Technical Jiu Jitsu		No-Gi Jiu Jitsu	5:00 - 5:45	
				Hatha Yoga @ WWC			Ages 10-14	
	7:00p	Boxing for Fitness (7:15)	Competition Kickboxing	Boxing for Fitness (7:15)	Competition Kickboxing		5:45 - 6:45	
			Competition Jiu Jitsu		Competition Jiu Jitsu			Closed
	7:30p	Jiu Jitsu Sparring		Women's Jiu Jitsu				Adult Combatives
		Jiu Jitsu Blue Bar		Jiu Jitsu Sparring				Adult Fitness Only
		Vinyasa Yoga @ WWC		Jiu Jitsu Blue Bar				Kids Muay Thai Kids Jiu Jitsu