



Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6:30 AM										
6:45 AM										
7:00 AM	10P JJ - Josh (6:30am-8:30am)		10P JJ - Josh (6:30am-8:30am)		10P JJ - Josh (6:30am-8:30am)					
7:15 AM										
7:30 AM										
7:45 AM										
8:00 AM										
8:15 AM										
8:30 AM										
8:45 AM										
9:00 AM		Stregnth & Conditioning Luke (9:00am - 10:00am)		Stregnth & Conditioning Luke (9:00am - 10:00am)						
9:15 AM										
9:30 AM										
9:45 AM										
10:00 AM										
10:15 AM						10P JJ Kids - Luke (10:00am - 11:00am)				
10:30 AM										
10:45 AM										
11:00 AM		10P JJ - Jared (11:00am - 12:30pm)	10P JJ - Jared (11:00am - 12:30pm)	10P JJ - Jared (11:00am - 12:30pm)		Kids Muay Thai - Luke (11:00am - 12:00pm)	MMA/Boxing - Arsalan (11:00am-12:00pm)			
11:15 AM										
11:30 AM										
11:45 AM										
12:00 PM										
12:15 PM							Open Mat (12:00pm-2:00pm)			
12:30 PM										
12:45 PM										
1:00 PM						Stregnth & Conditioning Luke (1:00pm - 2:00pm)				
1:15 PM										
1:30 PM										
1:45 PM										
2:00 PM						Muay Thai - Arsalan (2:00pm-3:00pm)				
2:15 PM										
2:30 PM										
2:45 PM										
3:00 PM						10P JJ - Jimmy (3:00pm-4:30pm)				
3:15 PM										
3:30 PM										
3:45 PM										
4:00 PM										
4:15 PM										
4:30 PM										
4:45 PM										
5:00 PM										
5:15 PM	10P JJ Kids - Luke (5:00pm-6:00pm)	10P JJ Kids - Luke (5:00pm-6:00pm)	10P JJ Kids - Luke (5:00pm-6:00pm)	10P JJ Kids - Luke (5:00pm-6:00pm)						
5:30 PM										
5:45 PM										
6:00 PM					10P JJ - Jimmy (5:30pm-7:00m)					
6:15 PM	Kids Muay Thai - Arnielynn (6:00pm - 7:00pm)	Kids Muay Thai - Arnielynn (6:00pm - 7:00pm)	Kids Muay Thai - Arnielynn (6:00pm - 7:00pm)	Kids Muay Thai - Arnielynn (6:00pm - 7:00pm)						
6:30 PM										
6:45 PM										
7:00 PM	10P JJ - Jared (7:00pm-9:00pm)	Muay Thai - Jared E. (7:00pm-8:00pm)	10P JJ - Jared (7:00pm-8:30pm)	Muay Thai - Jared C. (7:00pm-8:00pm)						
7:15 PM										
7:30 PM										
7:45 PM										
8:00 PM				10P JJ - Jared (8:00pm-9:30pm)	MMA/Boxing - Jared (8:30pm-9:30pm)	10P JJ - Jared (8:00pm-9:30pm)				
8:15 PM										
8:30 PM										
8:45 PM										
9:00 PM										
9:15 PM										
9:30 PM										