Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B
BJJ (12-1pm)		BJJ (12-1pm)		BJJ (12-1pm)		BJJ (12-1pm)		BJJ (12-1pm)		YSD Kids 10am-11 am	Circuit training 10am-11 am
		Tactical (1-2pm)		Tactical (1-2pm)		Tactical (1-2pm)				Adult YSD 11am-12am	Open mat 11am-12am
Circuit training 5:30-6:30	Wrestling 6:00-8:00	KickBoxing 5:30- 6:30	YSD Kids 6:00-7:00	Circuit training 5:30- 6:30	Wrestling 6:00-8:00	KickBoxing 5:30- 6:30	YSD Kids 6:00-7:00	Judo 6:00-7:00	Circuit training 5:30- 6:30		
Brazilian Jiu Jitsu 6:30-7:30		Muay Thai Conditioning 6:30 – 7:30	Adult YSD 7:00-8:00	Muay Thai Instructional 6:30 – 7:30		Brazilian Jiu Jitsu 6:30 – 7:30	Adult YSD 7:00-8:00	Open mat 7:00-8:00	MMA 6:30-7:30		
Muay Thai Instructional 7:30-8:30	Systema 8:00-9:00	Brazilian Jiu Jitsu 7:30-9:00	MMA 8:00-9:00	Brazilian Jiu Jitsu 7:30-8:30	Systema 8:00-9:00	Muay Thai Instructional 7:30-8:30	Systema 8:00-9:00				
Muay Thai Sparring 8:30-9:00				Sambo 4 BJJ 8:30-9:00		Muay Thai Sparring 8:30-9:00					