

CORE Schedule016

	MON			TUES			WED			THUR			FRI		SAT		
	ROOM A	ROOM B	ROOM C	ROOM A	ROOM B	ROOM C	ROOM A	ROOM B	ROOM C	ROOM A	ROOM B	ROOM C	ROOM A	ROOM B	ROOM A	ROOM B	ROOM C
9:30									Judo								
10:00									9:30						KM Beg-Inter	Boxing	
10:30									11:00			BJJ			10:00 - 11:00	10:-11:00	
11:00					BJJ			BJJ	BJJ			No GI		BJJ	KM Inter-Adv	Bag	BJJ
11:30					NO GI				GI			NHB			11:00 - 12:00	11:-1200	Open Matt
12:00		Muay thai		KM	NHB			Muay Thai	11:00-12:15	KM		11:00-12:15	KM	GI		Muay Thai	MATT
12:30		12:00-1:00		Combatives		11:00-12:15		12:00-1:00		Combatives			Combatives	11:00-12:15		12:00-1:30	11-12:15
1:00				12:00-1:00						12:00-1:00			12:00-1:00				Kids Judo
1:30																	12:20-1:30
2:00																	
2:30																	KABA Judo
3:00																	2:00-3:00
3:30																	
4:00									Ages 8-12			Ages 4-7					
4:30					MT KIDS	Kids Judo			BJJ Kids		MT KIDS	Kids Judo		Boxing			
5:00			BJJ Kids		5:30-6:30	ages 4-7			5:00-6:00		5:30-6:30	5:00-6:00		5:00-7:00	SUNDAY		
5:30		Bag	ages8-12		Boxing	5:00-6:00		Bag	BJJ/NHB		Boxing	BJJ			Special	Training	
6:00		6:00 - 6:45	5:00-6:00	KM ADV	6:00-8:00	BJJ		6:00-6:45	No Gi	KM Inter-Adv	6:00-8:00	GI			Judo Randonri		
6:30	KM Beg-Inter	Muay Thai	BJJ/No Gi	6:30-7:30	Muay Thai	Gi	KM Beg-Inter	Muay Thai	6:00-7:15	6:30-7:30	Muay Thai	6:00-7:15			12:00-2:00		
7:00	6:30 - 7:30	6:45-8:30	6:00-7:15		7:00-9:00	6:00-7:15	6:30 - 7:30	6:45-8:30			7:00-8:30						
7:30		Advance	Judo		Beginer			Advance			Beginer	Judo					
8:00			7:30-9:00									7:30-9:00					
8:30																	
9:00																	
9:30																	
	GYM	HOURS	MON	THROUGH	THURS	7AM-9PM		FRI	7AM-6PM		SAT	9AM-3PM		CLOSED	SUNDAY		