

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Submission Grappling (Adam Rocco) 12:20pm - 2pm	MMA (Adam Rocco) 12:20pm - 2pm	Submission Grappling (Adam Rocco) 12:20 - 2:00	MMA (Adam Rocco) 12:20pm - 2pm	Submission Grappling (Adam Rocco) 12:20pm - 2pm	Kids MMA (Joe Martini) 9am - 10am	Motivated Fitness Bootcamp (John Stankiewicz) 10am - 11am \$10 per person
Combat Conditioning (Adam Rocco) 2pm - 2:30pm	Combat Conditioning (Adam Rocco) 2pm - 2:30pm	Combat Conditioning (Adam Rocco) 2pm - 2:30pm	Combat Conditioning (Adam Rocco) 2pm - 2:30pm	Combat Conditioning (Adam Rocco) 2pm - 2:30pm	Submission Grappling (Adam Rocco) 11:30am-1pm	
Open Gym 2:30pm - 5pm	Open Gym 2:30pm - 5pm	Open Gym 2:30pm - 5pm	Open Gym 2:30pm - 5pm	Open Gym 2:30pm - 5pm	Boxing (Mike Cassell) 1pm - 4pm	
Kids Grappling (Joe Martini) 5pm - 6pm	Kids Grappling (Joe Martini) 5pm - 6pm	Kids Grappling (Joe Martini) 5pm - 6pm	Kids Grappling (Joe Martini) 5pm - 6pm	Motivated Fitness Bootcamp (John Stankiewicz) 6 pm -7 pm \$10 per person		
Kids Muay Thai (Doug Haley) 6pm - 7pm	Kids Muay Thai (Gee Martini) 6pm - 7pm	Kids Muay Thai (Alex Rodriguez) 6pm - 7pm	Kids Muay Thai (Alex Rodriguez) 6pm - 7pm	Boxing (Mike Cassell) 7pm - 9pm		
Submission Grappling (Adam Rocco) 6pm - 7:30pm	Muay Thai Kickboxing (Alex Rodriguez) 6pm - 7pm	Submission Grappling (Adam Rocco) 6:00 - 7:30	Wrestling (Joe Martini) 6pm - 7pm			
Wrestling (Joe Martini) 7:30pm - 8:30pm	Submission Grappling (Adam Rocco) 7pm - 8:30pm	Muay Thai Kickboxing (Alex Rodriguez) 7:30pm - 8:30pm	Muay Thai (Alex Rodriguez) 7pm - 8pm			
Boxing (Octavio Pineda) 8pm - 10pm	Boxing (Octavio Pineda) 7:30pm - 9pm	Boxing (Mike Cassell) 8pm - 10pm	Boxing (Octavio Pineda) 7:30pm - 9pm			