

# Gym Schedule

<b>Class Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>10:00AM-11:00AM</b>	Combat Conditioning	Boxing	Boxing		Combat Conditioning	Kickboxing	
<b>11:00AM-12:30PM</b>	No-Gi Submission Grappling	Gi Brazilian Jiu-Jitsu	No-Gi Submission Grappling	Gi Brazilian Jiu-Jitsu	No-Gi Submission Grappling	Gi Brazilian Jiu-Jitsu	Open Mat Grappling (All schools welcome)
<b>5:00PM-6:00PM</b>	Wrestling	Combat Conditioning	Wrestling	Combat Conditioning	MMA Sparring (With Permission Only)		
<b>6:00PM-7:00PM</b>	Kids BJJ (MMA Room)		Kids BJJ (MMA Room)				
<b>6:00PM-7:30PM</b>	No-Gi Submission Grappling	Gi Brazilian Jiu-Jitsu	No-Gi Submission Grappling	Gi Brazilian Jiu-Jitsu	No-Gi Freestyle Grappling		
<b>7:30PM-8:30PM</b>	BJJ Drills & Fundamentals	No-Gi Freestyle Grappling	Kickboxing	MMA Grappling (All levels)			
<b>8:30PM-9:00PM</b>	Boxing Sparring (With Permission Only)						