Schedule

Times	Monday		Tuesday			Wednesday		Thursday			Friday		Saturday
5:00 AM													
6:00 AM	Bootcamp - Conditioning 5: 35-6:35am (Coach V)			Morning BJJ - 6:00-7:00am (Coach		Bootcamp - Conditioning 5:35-6: 35am (Coach V)				Morning BJJ - 6:00-7:00am (Coach			
7:00 AM	Before Care - 6:45-9:00am		Ricardo) Before Care - 6:45-9:00am			Before Care - 6:45-9:00am F		Ricardo) Before Care - 6:45-9:00am		Before Care - 6:45-9:00am			
8:00 AM													
9:00 AM	Bootcamp - Conditioning 9: 30-10:30am (Coach V)					Bootcamp - Conditioning 9:30-10: 30am (Coach V)							
10:00 AM													
11:00 AM	-												
12:00 PM	Adult Jiu Jitsu - CAP & Intro 12:15-1:45pm (Coach Hitalo)					Adult Jiu Jitsu - CAP & Intro 12:15- 1:45pm (Coach Hitalo)							Open Mat - 12:00-2:00pm
1:00 PM													
2:00 PM													Sunday
3:00 PM	After Care - 6:45-9:00am		After Care - 2:30-6:00pm Black Belt Club - Youth 4:15-5:15pm			After Care - 2:30-6:00pm		After Care - 2:30-6:00pm			After Care - 2:30-6:00pm		
4:00 PM													
5:00 PM	Black Belt Club - Youth 4:45-5:45pm (Coach Hitalo)	Youth 5-9 y/o - 5:00pm -5: 45pm (Coach Spencer A.)	(Coach Spencer A.)	Youth KB - 5: 00-5:45pm (Coach Chris)	Youth 5-9 y/o - 5:00pm -5:45pm (Coach Spencer A.)	Black Belt Club - Youth 4:45-5: 45pm (Coach Hitalo)	Youth 5-9 y/o - 5: 00pm -5:45pm (Coach Spencer A.)	Black Belt Club - Youth 4:45-5:45pm (Coach Hitalo)	Youth KB - 5: 00-5:45pm (Coach Chris)	Youth 5-9 y/o - 5:00pm -5:45pm (Coach Spencer A.)	Black Belt Club - Youth 4:45-5: 45pm (Coach Hitalo)		
6:00 PM	Bootcamp - Kickboxing 5: 45-6:45pm (Coach Hitalo)			Bootcamp - KB 6:00-7: 00pm (Coach V)		Bootcamp - Kickboxing 5:45- 6:45pm (Coach Hitalo)		Bootcamp - Kickboxing 5: 45-6:45pm (Coach Hitalo)			Open Mat -	- 6:00-8:00pm	
7:00 PM	Intro BJJ 6: 45-7:45pm (Coach Hitalo)	Teen - KB 6: 45-7:45pm (Coach Spencer S.)	Adult Kickboxing - Intro 6:45-7: 45pm CAP 6: 45-8:15pm (Coach	Bootcamp - KB 7:00-8: 00pm (Coach V)		Intro BJJ 6:45-7: 45pm (Coach Hitalo)	Teen - KB 6:45-7: 45pm (Coach Spencer S.)	Intro BJJ 6: 45-7:45pm (Coach Hitalo)	Teen - KB 6: 45-7:45pm (Coach Spencer S.)				Competition Training BJJ - 7:00-8:30pm
8:00 PM	Adult Jiu Jitsu - CAP 7: 45-9:15pm (Coach Hitalo)	Adult Kickboxing - Intro 7:45-8: 45pm CAP 7: 45-9:15 (Coach Spencer S.)	Hitalo)	Intro MMA - 8:15-9:15pm (Coach Hash)		Adult Jiu Jitsu - CAP 7:45-9:15pm (Coach Hitalo)		Adult Jiu Jitsu - CAP 7: 45-9:15pm (Coach Hitalo)	Adult Kickboxing - Intro 7:45-8: 45pm CAP 7: 45-9:15 (Coach Spencer S.)				(Coach Hitalo)
9:00 PM 10:00 PM	Bootcamp - Conditioning 9:15-10:15pm (Coach Hitalo)		Hitalo)			Bootcamp - Conditioning 9: 15-10:15pm (Coach Hitalo)		Bootcamp - Conditioning 9:15-10:15pm (Coach Hitalo)					