

ROOM >>>	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			<<< ROOM		
	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND	WARRIOR	CHAMPION	LEGEND			
6:45		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym	6:45		
7:00	Muay Thai 06:30	BJJ (Purple) 06:45	Boxing (I) 07:00	Muay Thai 06:30	BJJ (Blue) 06:45	Boxing (I) 07:00	Muay Thai 06:30	BJJ (No-Gi) 06:45	Boxing (I) 07:00	Muay Thai 06:30	BJJ (Blue) 06:45	Boxing (I) 07:00	Muay Thai 06:30	BJJ (Purple) 06:45	Boxing (I) 07:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:00		
7:15																						7:15		
7:30																						7:30		
7:45																						7:45		
8:00	Muay Thai 07:30	BJJ (Blue) 07:45	WarriorFit 08:00	Muay Thai 07:30	BJJ (Purple) 07:45		Muay Thai Sparring 07:30	BJJ (Blue) 07:45	WarriorFit 08:00	Muay Thai 07:30	BJJ (Purple) 07:45		Muay Thai 07:30	BJJ (Blue) 07:45	WarriorFit 08:00	Muay Thai 07:30	BJJ (Blue) 07:45	Muay Thai 08:00	BJJ 07:45 (Women)	Muay Thai 08:00	8:00			
8:15																						8:15		
8:30																						8:30		
8:45																						8:45		
9:00	Muay Thai 08:30		WarriorFit (II) 08:45	Muay Thai 08:30			Muay Thai 08:30		WarriorFit (II) 08:45	Muay Thai 08:30			Muay Thai 08:30		WarriorFit (II) 08:45	Muay Thai 08:30 (Women)	BJJ (Blue) 08:45	Muay Thai 09:00	BJJ Competition Team 08:45	Muay Thai Sparring 09:00	9:00			
9:15																						9:15		
9:30																						9:30		
9:45																						9:45		
10:00																						10:00		
10:15	Open Gym																					10:15		
10:30																						10:30		
10:45																						10:45		
11:00																						11:00		
11:15	Muay Thai 11:00	BJJ (Blue) 11:15		Muay Thai 11:00	BJJ (Blue) 11:15	Muay Thai Sparring 11:30	Muay Thai Sparring 11:00	BJJ (Blue) 11:15		Muay Thai 11:00	BJJ (Blue) 11:15	Muay Thai Sparring 11:30	Muay Thai 11:00	BJJ (Blue) 11:15		Muay Thai 10:30	BJJ (No-Gi) 10:45	Muay Thai 11:00	BJJ (Blue) 10:15	Muay Thai 10:00	11:15			
11:30																						11:30		
11:45																						11:45		
12:00	Muay Thai 11:45	BJJ (Blue) 12:15	Boxing (I) 12:15	Muay Thai 11:45	BJJ (Purple) 12:15	Boxing (I) 12:15	Muay Thai 11:45	BJJ (Blue) 12:15	Boxing (I) 12:15	Muay Thai 11:45	BJJ (No-Gi) 12:15	Boxing (I) 12:15	Muay Thai 11:45	BJJ (Blue) 12:15	Boxing (I) 12:15	Muay Thai 11:30	BJJ (Blue) 12:45	Muay Thai 12:30	BJJ (Purple) 12:15	Muay Thai Conditioning 12:00	12:00			
12:15																						12:15		
12:30																						12:30		
12:45	Muay Thai 12:30	BJJ (Blue) 12:15	Boxing (I) 13:15	Muay Thai 12:30	BJJ (Purple) 12:15	Boxing (I) 13:15	Muay Thai 12:30	BJJ (Blue) 12:15	Boxing (I) 13:15	Muay Thai 12:30	BJJ (No-Gi) 12:15	Boxing (I) 13:15	Muay Thai 12:30	BJJ (Blue) 12:15	Boxing (I) 13:15	Muay Thai 12:30	BJJ No-Gi (Blue) 12:45	Boxing (II) 13:00	Muay Thai 12:30	BJJ (Blue) 13:15	Boxing (I) 13:00	12:45		
13:00																						13:00		
13:15																						13:15		
13:30	Boxing (I) 13:15		WarriorFit 13:00	Boxing (I) 13:15			Boxing (I) 13:15		WarriorFit 13:00	Boxing (I) 13:15			Boxing (I) 13:15		WarriorFit 13:00						Boxing (I) 13:00	13:30		
13:45																						13:45		
14:00																						14:00		
14:15																						14:15		
14:30	Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Open Gym	Open Gym		Muay Thai 13:30	BJJ Black 13:45	WarriorFit 14:00	Muay Thai 13:30	BJJ (Blue) 13:15	WarriorFit 14:00	14:30		
14:45																						14:45		
15:00																						15:00		
15:15																						15:15		
15:30	Muay Thai 15:00	BJJ (Blue) 15:15		Muay Thai 15:00			Muay Thai 15:00	BJJ No-Gi (Blue) 15:15		Muay Thai 15:00			Muay Thai 15:00	BJJ (Blue) 15:15		Muay Thai 15:00					BJJ Takedowns 15:15	Muay Thai 15:00	15:30	
15:45																						15:45		
16:00																						16:00		
16:15																						16:15		
16:30	Muay Thai 16:00	BJJ (Purple) 16:15	Open Gym	Muay Thai 16:00	BJJ (No-Gi) 16:15	Open Gym	Muay Thai 16:00	BJJ (Purple) 16:15	Open Gym	Muay Thai 16:00	BJJ (Purple) 16:15	Open Gym	Muay Thai 16:00	BJJ (Purple) 16:15	WarriorFit 16:30	Muay Thai 16:30	BJJ (Blue) 16:15	Muay Thai 16:00	MMA 16:15	Muay Thai 16:00	16:30			
16:45																						16:45		
17:00																						17:00		
17:15																						17:15		
17:30	Muay Thai 17:00	BJJ (Purple) 17:15	Boxing (I) 17:30	Muay Thai 17:00	BJJ (Blue) 17:15	Boxing (I) 17:30	Muay Thai 17:00	BJJ (Purple) 17:15	Boxing (I) 17:30	Muay Thai 17:00	BJJ (Blue) 17:15	Boxing (I) 17:30	Muay Thai 17:00	BJJ Randori 17:15	Muay Thai 17:30	Muay Thai 17:30	MMA 17:15	Muay Thai 17:00	Muay Thai 17:00	Wrestling 17:15	Muay Thai 17:00	17:30		
17:45																						17:45		
18:00																						18:00		
18:15																						18:15		
18:30	Muay Thai 18:00	BJJ (Blue) 18:15	WarriorFit @ HIT 18:30	Muay Thai 18:00	BJJ (Blue) 18:15	Muay Thai 18:30	Muay Thai 18:00	BJJ (Blue) 18:15	WarriorFit @ HIT 18:30	Boxing (I) 18:30	Muay Thai 18:00	BJJ (Blue) 18:15	Muay Thai 18:00	BJJ (Blue) 18:15	WarriorFit @ HIT 18:30	Boxing (I) 18:30	Boxing (I) 18:30	Wrestling 18:15	Muay Thai 18:00	BJJ (Blue) 18:15	Muay Thai 18:00	18:30		
18:45																						18:45		
19:00																						19:00		
19:15																						19:15		
19:30	Muay Thai 19:00	BJJ (Blue) 19:15	Muay Thai Sparring 20:30	Muay Thai 19:00	BJJ (Purple) 19:15	Boxing (I) 19:30	Muay Thai 19:00	BJJ (Blue) 19:15	Muay Thai Sparring 20:30	Muay Thai 19:00	BJJ (No-Gi) 19:15	Boxing (I) 19:30	Muay Thai 19:00	BJJ (Blue) 19:15	Muay Thai Sparring 20:30	Open Gym	Open Gym	Muay Thai 19:00	Open Gym	Open Gym	Muay Thai Sparring 19:00	19:30		
19:45																						19:45		
20:00																						20:00		
20:15																						20:15		
20:30	Boxing (I) 20:00	BJJ (Purple) 20:15	Muay Thai Sparring 20:30	Muay Thai 20:00	BJJ Randori 20:15	Boxing (I) 20:00	Muay Thai 20:00	BJJ (Purple) 20:15	Muay Thai Sparring 20:30	Muay Thai 20:00	BJJ Randori 20:15	Boxing (I) 20:00	Muay Thai 20:00	BJJ (No-Gi) 20:15	Muay Thai Sparring 20:30						Open Gym	Open Gym	20:30	
20:45																						20:45		
21:00																						21:00		
21:15																						21:15		
21:30	Muay Thai 21:00	BJJ (Blue) 21:15	Open Gym	Muay Thai 21:00	BJJ (Blue) 20:45	Boxing (II) 20:30	Muay Thai 21:00	BJJ (Blue) 21:15	Open Gym	Muay Thai 21:00	BJJ (Blue) 20:45	Boxing (II) 20:30	Muay Thai 21:00	BJJ No-Gi (Blue) 21:15	Open Gym						Open Gym	Open Gym	21:30	
21:45																						21:45		
22:00																						22:00		
22:15	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym							Open Gym	Open Gym	22:15
22:30																							22:30	

BJJ Blue (Beginner)
 BJJ Blue No-Gi (Beginner)
 BJJ Purple/No-Gi Techniques (3 stripe white belt and higher)
 BJJ Black (Advanced, Purple belt and above)

Muay Thai Beginner / Level I
 Muay Thai Level II - V
 Muay Thai Level III - V
 Boxing Beginner / Level I
 Boxing Level II