

Oct-08

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
		6:30 - 7:15am MMA 5:00 - 5:45 D/B 5:50 - 6:40 S 6:45 - 7:30 S 7:40 - 8:45 S	12:15-1:15 D/F 5:00 - 5:45 B/SD 6:00 - 7:00 B/SD 7:15 - 8:15 MMA	6:30 - 7:15 MMA 5:00 - 5:45 D/F 6:00 - 6:45 D/F	8:30 - 9:30 B/SD 9:35 - 10:30 B/SD 10:30 - 11:15 B/SD 11:30-12:00 LD 12:00-12:30 LD
6	7	8	9	10	11
5:00 - 5:45 B/SD 5:50 - 6:40 B/SD 6:45 - 7:30 B/SD 7:40 - 8:45 B/SD	12:15 - 1:15 D/F 5:00 - 5:45 B/SD 6:00 - 7:00 S 7:15 - 8:30 D/F	6:30 - 7:15am MMA 5:00 - 5:45 D/F 5:50 - 6:40 D/F 6:45 - 7:30 D/F 7:40 - 8:45 D/F	12:15-1:15 D/F 5:00 - 5:45 G/W 6:00 - 7:00 G/W 7:15 - 8:15 MMA	6:30 - 7:15 MMA 5:00 - 5:45 B/SD 6:00 - 6:45 B/SD	8:30 - 9:30 D/F 9:35 - 10:30 D/F 10:30 - 11:15 D/F 11:30-12:00 LD 12:00-12:30 LD
13	14	15	16	17	18
5:00 - 5:45 D/F 5:50 - 6:40 S 6:45 - 7:30 S 7:40 - 8:45 S	12:15 - 1:15 D/F 5:00 - 5:45 B/SD 6:00 - 7:00 B/SD 7:15 - 8:30 D/F	6:30 - 7:15am MMA 5:00 - 5:45 G/W 5:50 - 6:40 G/W 6:45 - 7:30 G/W 7:40 - 8:45 G/W	12:15-1:15 D/F 5:00 - 5:45 D/F 6:00 - 7:00 D/F 7:15 - 8:15 MMA	6:30 - 7:15 MMA 5:00 - 5:45 GW 6:00 - 6:45 GW	8:30 - 9:30 G/W 9:35 - 10:30 G/W 10:30 - 11:15 G/W 11:30-12:00 LD 12:00-12:30 LD
20	21	22	23	24	25
5:00 - 5:45 D/F 5:50 - 6:40 D/F 6:45 - 7:30 D/F 7:40 - 8:45 D/F	12:15 - 1:15 D/F 5:00 - 5:45 GW 6:00 - 7:00 GW 7:15 - 8:30 D/F	6:30 - 7:15am MMA 5:00 - 5:45 B/SD 5:50 - 6:40 B/SD 6:45 - 7:30 B/SD 7:40 - 8:45 B/SD	12:15-1:15 D/F 5:00 - 5:45 S 6:00 - 7:00 S 7:15 - 8:15 MMA	6:30 - 7:15 MMA 5:00 - 5:45 D/F 6:00 - 6:45 S	8:30 - 9:30 D/F 9:35 - 10:30 D/B 10:30 - 11:15 S 11:30-12:00 LD 12:00-12:30 LD
27	28	29	30	31	
5:00 - 5:45 G/W 5:50 - 6:40 G/W 6:45 - 7:30 G/W 7:40 - 8:45 G/W	12:15 - 1:15 D/F 5:00 - 5:45 D/F 6:00 - 7:00 D/F 7:15 - 8:30 D/F	6:30 - 7:15am MMA 5:00 - 5:45 I/C 5:50 - 6:40 I/C 6:45 - 7:30 I/C 7:40 - 8:45 I/C	12:15-1:15 D/F 5:00 - 5:45 I/C 6:00 - 7:00 I/C 7:15 - 8:15 MMA	CLOSED HAPPY HALLOWEEN	

D- DRILLS

G/W- GROUND WORK

B- BAGS

SD- SELF DEFENSE

F- FORMS

S- SPARRING

MMA-MIXED MARTIAL ARTS

I/C- INSTRUCTORS CHOICE