

# Sep-08

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  CLOSED LABOR DAY!	2  12:15 - 1:15 D/F 5:00 - 5:45 G/W 6:00 - 7:00 G/W 7:15 - 8:30 D/F	3  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	4  12:15-1:15 D/F 5:00 - 5:45 B/SD 6:00 - 7:00 B/SD 7:30 - 8:30 B/SD	5  6:30 - 7:15 MMA 5:00 - 5:45 D/F 6:00 - 6:45 D/F	6  8:30 - 9:30 B/SD 9:35 - 10:30 B/SD 10:30 - 11:15 B/SD
8  5:00 - 5:45 B/SD 5:50 - 6:40 B/SD 6:45 - 7:30 B/SD 7:40 - 8:45 B/SD	9  12:15 - 1:15 D/F 5:00 - 5:45 B/SD 6:00 - 7:00 S 7:15 - 8:30 D/F	10  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	11  12:15-1:15 D/F 5:00 - 5:45 G/W 6:00 - 7:00 G/W 7:30 - 8:30 G/W	12  6:30 - 7:15 MMA 5:00 - 5:45 B/SD 6:00 - 6:45 B/SD	13  8:30 - 9:30 D/F 9:35 - 10:30 D/F 10:30 - 11:15 D/F
15  5:00 - 5:45 D/F 5:50 - 6:40 S 6:45 - 7:30 S 7:40 - 8:45 S	16  12:15 - 1:15 D/F 5:00 - 5:45 D/B 6:00 - 7:00 B/SD 7:15 - 8:30 D/F	17  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	18  12:15-1:15 D/F 5:00 - 5:45 D/F 6:00 - 7:00 D/F 7:30 - 8:30 D/F	19  6:30 - 7:15 MMA 5:00 - 5:45 D/B 6:00 - 6:45 S	20  8:30 - 9:30 G/W 9:35 - 10:30 G/W 10:30 - 11:15 G/W
22  5:00 - 5:45 GW 5:50 - 6:40 GW 6:45 - 7:30 GW 7:40 - 8:45 GW	23  12:15 - 1:15 D/F 5:00 - 5:45 D/F 6:00 - 7:00 D/F 7:15 - 8:30 D/F	24  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	25  12:15-1:15 D/F 5:00 - 5:45 S 6:00 - 7:00 S 7:30 - 8:30 S	26  6:30 - 7:15 MMA 5:00 - 5:45 GW 6:00 - 6:45 GW	27  8:30 - 9:30 D/F 9:35 - 10:30 D/B 10:30 - 11:15 S
29  5:00 - 5:45 D/F 5:50 - 6:40 D/F 6:45 - 7:30 D/F 7:40 - 8:45 D/F	30  12:15 - 1:15 D/F 5:00 - 5:45 I/C 6:00 - 7:00 I/C 7:15 - 8:30 D/F				

D- DRILLS

G/W- GROUND WORK

B- BAGS

SD- SELF DEFENSE

F- FORMS

S- SPARRING

MMA-MIXED MARTIAL ARTS

I/C- INSTRUCTORS CHOICE