Feb-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
		6:30 - 7:15am MMA			8:30 - 9:30 B/SD
5:00 - 5:45 D/F	12:15 - 1:15 D/F	5:00 - 5:45 D/B	5:00 - 5:45 B/SD	6:30 - 7:15 MMA	9:35 - 10:30 B/SD
5:50 - 6:40 D/F	5:30 - 6:30 B/SD	5:50 - 6:40 S	6:00 - 7:00 B/SD	5:00 - 5:45 D/B	10:30 - 11:15 B/SD
6:45 - 7:30 D/F	6:45 - 8:00 D/F	6:45 - 7:30 S	7:00 - 8:00 B/SD	6:00 - 6:45 B/SD	11:30-12:00 LD
7:40 - 8:45 TB	8:15 - 9:15 BJJ	7:40 - 8:45 S	8:15 - 9:15 BJJ		
8	9	10	11	12	13
		6:30 - 7:15am MMA			8:30 - 9:30 D/F
5:00 - 5:45 GW	12:15 - 1:15 D/F	5:00 - 5:45 D/F	5:00 - 5:45 S	6:30 - 7:15 MMA	9:35 - 10:30 D/F
5:50 - 6:40 GW	5:30 - 6:30 D/B	5:50 - 6:40 D/F	6:00 - 7:00 B/WD	5:00 - 5:45 GW	10:30 - 11:15 D/F
6:45 - 7:30 GW	6:45 - 8:00 D/F	6:45 - 7:30 D/F	7:00 - 8:00 B/WD	6:00 - 6:45 GW	11:30-12:00 LD
7:40 - 8:45 TB	8:15 - 9:15 BJJ	7:40 - 8:45 D/F	8:15 - 9:15 BJJ		
15	16	17	18	19	20
		6:30 - 7:15am MMA		PROMOTION CLASS	8:30 - 9:30 IC
5:00 - 5:45 IC	12:15 - 1:15 D/F	5:00 - 5:45 IC	5:00 - 5:45 IC		9:35 - 10:30 IC
5:50 - 6:40 IC	5:30 - 6:30 IC	5:50 - 6:40 IC	6:00 - 7:00 IC	ALL CLASSES	10:30 - 11:15 IC
6:45 - 7:30 IC	6:45 - 8:00 D/F	6:45 - 7:30 IC	7:00 - 8:00 IC	CANCELLED	11:30-12:00 LD
7:40 - 8:45 TB	8:15 - 9:15 BJJ	7:40 - 8:45 IC	8:15 - 9:15 BJJ		
22	23	24	25	26	27
		6:30 - 7:15am MMA		6:30 - 7:15 MMA	8:30 - 9:30 D/F
5:00 - 5:45 B/SD	12:15 - 1:15 D/F	5:00 - 5:45 G/W	5:00 - 5:45 D/F	5:00 - 5:45 IC	9:35 - 10:30 D/B
5:50 - 6:40 B/SD	5:30 - 6:30 D/F	5:50 - 6:40 G/W	6:00 - 7:00 D/F	6:00 - 6:45 IC	10:30 - 11:15 D/B
6:45 - 7:30 B/SD	6:45 - 8:00 D/F	6:45 - 7:30 G/W	7:00 - 8:00 D/F	7:00-7:45 KIDS WC	11:30-12:00 LD
7:40 - 8:45 TB	8:15 - 9:15 BJJ	7:40 - 8:45 G/W	8:15 - 9:15 BJJ	8:00-8:45 ADULT WC	

D- DRILLS **G/W- GROUND WORK** **B- BAGS** **SD- SELF DEFENSE** **F- FORMS** **S- SPARRING**

BJJ - BRAZILIAN JUI-JITSU WITH BRYAN BENTLEY **WD - WEAPONS DEFENSE** **IC - INSTRUCTORS CHOICE**

TB - THAI BOXING WITH CHARLIE VINCH ***BB - BOARD BREAKING***

WC - WEAPONS CLASS WITH BRUCE PORTER

FEB 15 TO FEB 20 BRING A FRIEND OR FAMILY MEMBER WEEK.