Jun-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5
		6:30 - 7:15am MMA			8:30 - 9:30 D/F
	12:15 - 1:15 D/F	5:00 - 5:45 D/B	5:00 - 5:45 D/B	6:30 - 7:15 MMA	9:35 - 10:30 D/F
	5:30 - 6:30 B/SD	5:50 - 6:40 S		5:00 - 5:45 B/SD	10:30 - 11:15 D/F
	6:45 - 8:00 D/F	6:45 - 7:30 S	6:00 - 7:30 D/B	6:00 - 6:45 S/SD	11:30-12:00 LD
	8:15 - 9:15 BJJ	7:40 - 8:45 S	8:00 - 9:00 BJJ		
7	8	9	10	11	12
		6:30 - 7:15am MMA			8:30 - 9:30 B/SD
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 B/SD
5:50 - 6:40 GW	5:30 - 6:30 D/B	5:50 - 6:40 D/F		5:00 - 5:45 GW	10:30 - 11:15 B/SD
6:45 - 7:30 GW	6:45 - 8:00 D/F	6:45 - 7:30 D/F	6:00 - 7:30 S/WD	6:00 - 6:45 GW	11:30-12:00 LD
7:40 - 8:45 GW	8:15 - 9:15 BJJ	7:40 - 8:45 D/F	8:00 - 9:00 BJJ		
14	15	16	17	18	19
		6:30 - 7:15am MMA		6:30 - 7:15 MMA	8:30 - 9:30 D/F
5:00 - 5:45 D/B	12:15 - 1:15 D/F	5:00 - 5:45 B/SD	5:00 - 5:45 GW		9:35 - 10:30 D/B
5:50 - 6:40 S	5:30 - 6:30 D/F	5:50 - 6:40 B/SD	6:00 - 7:30 GW	Promotion Test	10:30 - 11:15 D/B
6:45 - 7:30 S	6:45 - 8:00 D/F	6:45 - 7:30 B/SD		All Classes are Cancelle	11:30-12:00 LD
7:40 - 8:45 S	8:15 - 9:15 BJJ	7:40 - 8:45 B/SD	8:00 - 9:00 BJJ		
21	22	23	24	25	26
		6:30 - 7:15am MMA		6:30 - 7:15 MMA	8:30 - 9:30 GW
5:00 - 5:45 B/SD	12:15 - 1:15 D/F	5:00 - 5:45 G/W	5:00 - 5:45 D/F		9:35 - 10:30 GW
5:50 - 6:40 B/SD	5:30 - 6:30 S	5:50 - 6:40 G/W	6:00 - 7:00 D/F		10:30 - 11:15 GW/S
6:45 - 7:30 B/SD	6:45 - 8:00 D/F	6:45 - 7:30 G/W			11:30-12:00 LD
7:40 - 8:45 B/SD	8:15 - 9:15 BJJ	7:40 - 8:45 G/W	7:30 - 8:30 BJJ		

BJJ - BRAZILIAN JUI-JITSU WITH BRYAN BENTLEY
D- DRILLS
G/W- GROUND WORK
B- BAGS
WC - WEAPONS CLASS WITH BRUCE PORTER
SD- SELF DEFENSE
F- FORMS
S- SPARRING
TB - THAI BOXING WITH CHARLIE VINCH
WD - WEAPONS DEFEN
IC - INSTRUCTORS CHOICE
FC - FIGHT CONDITIONING CLASS WITH JAMES
BB - BOARD BREAKING