Mar-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 D/B	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 D/B	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 D/B	6:00 - 6:45 D/B	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	7:00 - 7:45 CC	
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 S/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 S/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			8:30 - 9:30 GW
5:00 - 5:45 D/B	12:15 - 1:15 D/F	5:00 - 5:45 B/SD	5:00 - 5:45 GW	6:30 - 7:15 MMA	9:35 - 10:30 GW
5:50 - 6:40 S	5:30 - 6:30 D/F	5:50 - 6:40 B/SD	6:00 - 7:00 GW	5:00 - 5:45 D/B	10:30 - 11:15 GW
6:45 - 7:30 S	6:45 - 8:00 D/F	6:45 - 7:30 B/SD	7:00 - 8:00 GW	6:00 - 6:45 S	11:30-12:00 LD
7:40 - 8:45 TB	8:15 - 9:15 BJJ	7:40 - 8:45 B/SD	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 DF	9:35 - 10:30 D/B
5:50 - 6:40 B/SD	5:30 - 6:30 S	5:50 - 6:40 G/W	6:00 - 7:00 D/F	6:00 - 6:45 DF	10:30 - 11:15 S
6:45 - 7:30 B/SD	6:45 - 8:00 D/F	6:45 - 7:30 G/W	7:00 - 8:00 D/F		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		
29	30	31			
		6:30 - 7:15am MMA	**D- DRILLS**	**G/W- GROUND WORK**	**B- BAGS**
5:00 - 5:45 IC	12:15 - 1:15 D/F	5:00 - 5:45 IC	**SD- SELF DEFENSE**	**F- FORMS**	**S- SPARRING**
5:50 - 6:40 IC	5:30 - 6:30 IC	5:50 - 6:40 IC	**WD - WEAPONS DEFENSE**	**IC - INSTRUCTORS CHOICE**	
6:45 - 7:30 IC	6:45 - 8:00 D/F	6:45 - 7:30 IC	***BB - BOARD BREAKING***		
7:40 - 8:45 TB	8:15 - 9:15 BJJ	7:40 - 8:45 IC			

BJJ - BRAZILIAN JUI-JITSU WITH BRYAN BENTLEY

TB - THAI BOXING WITH CHARLIE VINCH

WC - WEAPONS CLASS WITH BRUCE PORTER

CC - CONDITIONING CLASS WITH JAMES