

Feb-12					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
			5:10 - 5:55 IC	6:30 - 7:15am MMA	8:30 - 9:25 B/SD
			6:05 - 7:05 IC	5:10 - 5:55 IC	9:30 - 10:15 B/SD
			7:05 - 7:35 S/G	6:00 - 6:45 IC	10:30 - 11:15 B/SD
					11:30 - 12:00 LD
6	7	8	9	10	11
5:10 - 5:55 B/SD		6:30 - 7:15am MMA			8:30 - 9:25 D/F
6:00 - 6:55 B/SD	5:30 - 6:30 D/B	4:15 - 4:45 LD	5:10 - 5:55 D/SD	6:30 - 7:15am MMA	9:30 - 10:15 D/F
7:00 - 8:00 B/SD	6:45 - 8:00 D/F	5:00 - 5:45 D/F	6:05 - 7:05 D/SD	5:10 - 5:55 GW	10:30 - 11:15 D/F
8:00 - 8:30 S/G		5:50 - 6:50 D/F	7:05 - 7:35 S/G	6:00 - 6:45 GW	11:30 - 12:00 LD
		7:00 - 8:00 D/F			
13	14	15	16	17	18
5:10 - 5:55 D/F		6:30 - 7:15am MMA			8:30 - 9:25 GW
6:00 - 6:55 D/F	5:30 - 6:30 D/F	4:15 - 4:45 LD	5:10 - 5:55 D/B	6:30 - 7:15am MMA	9:30 - 10:15 GW
7:00 - 8:00 D/F	6:45 - 8:00 D/F	5:00 - 5:45 GW	6:05 - 7:05 D/S	CLASSES CANCELLED	10:30 - 11:15 GW
8:00 - 8:30 S/G		5:50 - 6:50 GW	7:05 - 7:35 S/G	PROMOTION TEST	11:30 - 12:00 LD
		7:00 - 8:00 GW			
20	21	22	23	24	25
		6:30 - 7:15am MMA			8:30 - 9:25 D/F
5:10 - 5:55 D/B	5:30 - 6:30 B/SD	4:15 - 4:45 LD	5:10 - 5:55 GW	6:30 - 7:15am MMA	9:30 - 10:15 D/B
6:00 - 6:55 GW	6:45 - 8:00 D/F	5:00 - 5:45 B/SD	6:05 - 7:05 GW	5:10 - 5:55 D/B	10:30 - 11:15 D/S
7:00 - 8:00 GW/S		5:50 - 6:50 B/SD	7:05 - 7:35 S/G	6:00 - 6:45 D/B	11:30 - 12:00 LD
8:00 - 8:30 S/G		7:00 - 8:00 B/SD			
27	28	29			
5:10 - 5:55 D/B					
6:00 - 6:55 D/S		4:15 - 4:45 LD	5:10 - 5:55 IC		
7:00 - 8:00 D/W/D	5:30 - 6:30 IC	5:00 - 5:45 IC	6:05 - 7:05 IC		
8:00 - 8:30 S/G	6:45 - 8:00 D/F	5:50 - 6:50 IC			
		7:00 - 8:00 IC			
D- DRILLS	GW- GROUND WORK	B- BAGS	SD- SELF DEFENSE	F- FORMS	S- SPARRING
MMA-MIXED MARTIAL ARTS		I/C- INSTRUCTORS CHOICE		G- Grappling	WD- WEAPONS DEFENSE
	WSD - WOMENS SELF DEFENSE CLASS		W - WEAPONS CLASS - TRAINING WITH WEAPONS		
Grappling class is open to all belt levels			Sparring class is open to all belt levels - focus will be on learning how to spar		
PLEASE SEE WEBSITE WWW.MERCERACADEMYOFMA.COM OR BULLETIN BOARD FOR ADDITIONAL INFORMATION					