

Jan-12					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
					8:30 - 9:25 IC
					9:30 - 10:15 IC
					10:30 - 11:15 IC
					11:30 - 12:00 LD
9	10	11	12	13	14
5:10 - 5:55 D/B		6:30 - 7:15am MMA			8:30 - 9:25 D/F
6:00 - 6:55 D/S	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 D/S	6:45 - 8:00 D/F	5:00 - 5:45 D/B	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/B	7:05 - 7:35 S/G	6:00 - 6:45 GW	11:30 - 12:00 LD
		7:00 - 8:00 D/B			
16	17	18	19	20	21
5:10 - 5:55 B/SD		6:30 - 7:15am MMA			8:30 - 9:25 GW
6:00 - 6:55 B/SD	5:30 - 6:30 D/SD	4:15 - 4:45 LD	5:10 - 5:55 GW	6:30 - 7:15am MMA	9:30 - 10:15 GW
7:00 - 8:00 B/SD	6:45 - 8:00 D/F	5:00 - 5:45 D/F	6:05 - 7:05 GW	5:10 - 5:55 D/B	10:30 - 11:15 GW
8:00 - 8:30 S/G		5:50 - 6:50 D/F	7:05 - 7:35 S/G	6:00 - 6:45 D/B	11:30 - 12:00 LD
		7:00 - 8:00 D/F			
23	24	25	26	27	28
5:10 - 5:55 D/F		6:30 - 7:15am MMA			8:30 - 9:25 D/F
6:00 - 6:55 D/F	5:30 - 6:30 D/F	4:15 - 4:45 LD	5:10 - 5:55 D/F	6:30 - 7:15am MMA	9:30 - 10:15 D/B
7:00 - 8:00 D/F	6:45 - 8:00 D/F	5:00 - 5:45 B/SD	6:05 - 7:05 D/F	5:10 - 5:55 D/SD	10:30 - 11:15 D/B
8:00 - 8:30 S/G		5:50 - 6:50 B/SD	7:05 - 7:35 S/G	6:00 - 6:45 D/S	11:30 - 12:00 LD
		7:00 - 8:00 B/SD			
30	31				
5:10 - 5:55 GW	5:30 - 6:30 D/S				
6:00 - 6:55 GW	6:45 - 8:00 D/F				
7:00 - 8:00 GW					
8:00 - 8:30 S/G					
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		W - WEAPONS CLASS - TRAINING WITH WEAPONS		
PLEASE SEE WEBSITE WWW.MERCERACADEMYOFMA.COM OR BULLETIN BOARD FOR ADDITIONAL INFORMATION					