

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Strength Training 6:00am - 6:55am	HIIT Circuit 6:00am - 6:55am	Strength Training 6:00am - 6:55am		Strength Training 6:00am - 6:55am		
7:00am	Strength Training 7:00am - 7:55am		Strength Training 7:00am - 7:55am		Strength Training 7:00am - 7:55am		
8:30am						DNS - Posture & Movement 8:30am - 9:30am	
9:30am Training Area 1						Strength Training 9:30am - 10:30am	
9:30am Training Area 2			DNS - Posture & Movement 9:30am - 10:30am			Kids BJJ 9:30am - 10:15pm 3 - 8 Year olds	
10:30am						Kids BJJ 10:15am - 11:15pm 9 - 15 Year olds	
4:15pm	Kids BJJ 4:15pm - 5:15pm		Kids BJJ 4:15pm - 5:15pm	Kids Muay Thai 4:15pm - 5:15pm			
6:00pm Training Area 1	Strength Training 6:00pm - 6:55pm	HIIT Circuit 6:00pm - 6:55pm	Strength Training 6:00pm - 6:55pm	HIIT Circuit 6:00pm - 6:55pm			
			Muay Thai 6:00pm - 7:00pm				
6:00pm Training Area 2	Brazilian Jiu Jitsu 6:00pm - 7:00pm	Brazilian Jiu Jitsu 6:00pm - 7:00pm	Brazilian Jiu Jitsu 6:00pm - 7:00pm	Brazilian Jiu Jitsu 6:00pm - 7:00pm			
7:00pm Training Area 1	Strength Training 7:00pm - 7:55pm	DNS - Posture & Movement 7:00pm - 8:00pm	Strength Training 7:00pm - 7:55pm	Strength Training 7:00pm - 7:55pm			
7:00pm Training Area 2	Brazilian Jiu Jitsu No - Gi 7:00pm - 8:00pm	Brazilian Jiu Jitsu No - Gi 7:00pm - 8:00pm	Brazilian Jiu Jitsu No - Gi 7:00pm - 8:00pm	Brazilian Jiu Jitsu No - Gi 7:00pm - 8:00pm			