## Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	,	,	,	•	·	,	,
6:45 AM			İ				
7:00 AM	10P JJ - Josh		10P JJ - Josh		10P JJ - Josh		
7:15 AM	(6:30am-8:30am)		(6:30am-8:30am)		(6:30am-8:30am)		
7:30 AM	,		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		,		
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM		Stregnth & Conditioning		Stregnth & Conditioning			
9:30 AM		Luke		Luke			
9:45 AM		(9:00am - 10:00am)		(9:00am - 10:00am)			
10:00 AM						400 11151 1 1 1	
10:15 AM						10P JJ Kids - Luke	
10:30 AM						(10:00am - 11:00am)	
10:45 AM							
11:00 AM							
11:15 AM						Kids Muay Thai - Luke	MMA/Boxing - Arsalan
11:30 AM	(1	10P JJ - Jared	10P JJ - Jared (11:00am - 12:30pm)	10P JJ - Jared (11:00am - 12:30pm)		(11:00am - 12:00pm)	(11:00am-12:00pm)
11:45 AM		(11:00am - 12:30pm)					
12:00 PM		(11.000111 12.300111)	(11.000111 12.300111)	(11.000111 12.300111)			
12:15 PM							
12:30 PM							
12:45 PM							Open Mat
1:00 PM						Stregnth & Conditioning	(12:00pm-2:00pm)
1:15 PM							
1:30 PM						- Luke	
1:45 PM						(1:00pm - 2:00pm)	
2:00 PM							
2:15 PM						Muay Thai - Arsalan	
2:30 PM						(2:00pm-3:00pm)	
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM						10P JJ - Jimmy	
3:45 PM						(3:00pm-4:30pm)	
4:00 PM						` ' '	
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM	10P JJ Kids - Luke	10P JJ Kids - Luke	10P JJ Kids - Luke	10P JJ Kids - Luke			
5:30 PM	(5:00pm-6:00pm)	(5:00pm-6:00pm)	(5:00pm-6:00pm)	(5:00pm-6:00pm)			
5:45 PM	(	(,	(	,			
6:00 PM							
6:15 PM	Kids Muay Thai - Arnielynn	Kids Muay Thai - Arnielynn	Kids Muay Thai - Arnielynn	Kids Muay Thai - Arnielynn	10P JJ - Jimmy		
6:30 PM	(6:00pm - 7:00pm)	(6:00pm - 7:00pm)	(6:00pm - 7:00pm)	(6:00pm - 7:00pm)	(5:30pm-7:00m)		
6:45 PM	(	(0.00pm 7.00pm)	(о.оори - 7.оории)	(8.00piii - 7.00piii)	(5.55)		
7:00 PM							
7:15 PM		Muay Thai - Jared E.		Muay Thai - Jared C.			
7:30 PM		(7:00pm-8:00pm)	10P JJ - Jared	(7:00pm-8:00pm)			
7:30 PM 7:45 PM		(7.00pin-8.00pin)	(7:00pm-8:30pm)	(7.00piii/0.00piii)		1	
	10P JJ - Jared		(7.00piii-0.30piii)				
8:00 PM	(7:00pm-9:00pm)						
8:15 PM							
8:30 PM		10P JJ - Jared		10P JJ - Jared			
8:45 PM		(8:00pm-9:30pm)	MMA/Boxing - Jared	(8:00pm-9:30pm)			
9:00 PM			(8:30pm-9:30pm)				
9:15 PM							
9:30 PM							