

# Adult Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	Boxing	Boxing	Boxing	Boxing		
10:00 AM	Brazilian JiuJitsu	Submission Grappling No Gi	Brazilian Jiu Jitsu	Submission Grappling No Gi	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu
11:00 AM						Muay Thai
12:00 PM		Muay Thai		Muay Thai		
4:00 PM		Strength & Conditioning		Strength & Conditioning		
5:00 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	5:00 PM - 8:00 PM Open Gym	
6:00 PM	Boxing	Boxing	Boxing	Boxing		
6:00 PM	Brazilian JiuJitsu	Brazilian JiuJitsu	Brazilian JiuJitsu	Brazilian JiuJitsu		
7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
7:00 PM	Submission Grappling No Gi	Submission Grappling No Gi	Submission Grappling No Gi	Submission Grappling No Gi		

Monday - Thursday: 8:00 AM - 1:00 PM

Monday - Thursday: 3:00 PM - 9:00 PM

Friday: 5:00 PM - 8:00 PM ( Open gym no classes )

Saturday: 9:00 AM - 1:00 PM

Sunday: Closed

646 H St. Chula Vista, Ca 91910