

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	MMA Fitness	Run Club at Rose bowl	MMA Fitness	Run Club at Rose bowl	MMA Fitness	Run Club at Rose bowl	Gym Closed
9:00 AM						Fitness Kickboxing	
						Kidzilians No Gi Grappling	
10:00 AM	BJJ (all levels)	Kickboxing	BJJ (all levels)	Kickboxing		No Gi Grappling	
						Fitness Kickboxing	
						Kidzilians Competition Team Training***	
11:00 AM	No Gi Grappling		No Gi Grappling			Advanced Student/PRO Sparring	
						BJJ (all levels)	
12:00 PM	Muay Thai		Muay Thai				
4:30 PM	Kidzilians BJJ Fitness Kickboxing	Kidzilians No Gi Grappling	Kidzilians BJJ	Kidzilians No Gi Grappling Fitness Kickboxing	Kidzilians Kickboxing		
5:30 PM	Kidzilians Kickboxing No Gi Grappling	Kidzilians No Gi Grappling Advanced Student MMA**	Kidzilians MMA No Gi Grappling	Kidzilians Kickboxing Advanced Student MMA**	Kidzilians Advanced MMA** No Gi Grappling		
6:30 PM	Level 2 Kickboxing BJJ (beginner)	Boxing Fundamentals Kidzilians Intro to kickboxing BJJ (beginner) Strength and Conditioning	Level 2 Kickboxing BJJ (beginner)	Level 2 Kickboxing (sparring) Kidzilians Intro to kickboxing Strength and Conditioning	Level 2 Kickboxing BJJ (all levels)		
7:30 PM	Level 1 Kickboxing BJJ (advanced)	Intro to Kickboxing BJJ (advanced)	Level 1 Kickboxing BJJ (advanced)	Intro to Kickboxing No Gi Grappling			

\* Advanced MMA classes must have 6 months experience in No Gi Grappling AND have approval of coach Savant to attend class.

\* Kidzilians Competition Team Training by coach Savant approval only.