

**Spider Gym MMA  
Schedule  
September 2014**

***MAT***

	MON	TUE	WED	THU	FRI	SAT
11:00pm -1:00pm	BJJ Drill & Sparr		BJJ Drill & Sparr			11:30am -12:30pm
6:30 pm -7:25pm	BJJ Gi	BJJ Gi	BJJ Gi	BJJ Gi	BJJ All level (class)	Kick Boxing
7:35pm - 8:30pm	No Gi	No Gi	No Gi	No Gi		12:30pm -1:30pm
8:30pm - 9:30pm	Striking Sparring	Muay Thai Sparring	Striking	Muay Thai Sparring		BJJ All level (class)
						1:30-3pm Open Gym

***Studio Room - Judo, Women, Kids program***

	MON	TUE	WED	THU	FRI	SAT
5:30pm - 6:30pm		Kids BJJ		Kids BJJ		
6:30pm -7:30pm				Weapon Self Defense		2-3pm
7:00pm -8:00pm		MMA (Start9/16)		MMA (Start9/16)		BJJ Curriculum
7:30pm -8:30pm	Cardio Boxing Fitness		Cardio Boxing Fitness			
7:30pm -8:30pm			BJJ Curriculum Review			

***MMA Cage&Bag area***

	MON	TUE	WED	THU	FRI	SAT
11:00pm -1:00pm	MMA Open Gym		MMA Open Gym			
12:30pm -1:30pm						
5:30pm - 6:30pm	Boxing	Open Bags & Ropes	Boxing	Open Bags & Ropes	MMA/Muay Thai	
8:30pm - 9:30pm	Striking Sparring	Kick Boxing	Striking	Muay Thai Sparring		