

SUNDAY BOTH ROOMS	MONDAY MAT ROOM	MONDAY BOXING ROOM	WEDNESDAY MAT ROOM	WEDNESDAY BOXING ROOM	THURSDAY BOXING ROOM
9AM					
10AM	muay thai and conditioning monday-Friday 10-12				
11AM					
12PM					
	5-5:30 dragons	5-5:30 30 minute conditioning	5-5:30 dragons	5-5:30 30 minute conditioning	5-6pm judo conditioning
	5:30-6:15 judo	5:30-6:15 white belts	5:30-6:15 judo	5:30-6:15 advanced	6-8:30 Muay Thai all levels
	6:15-7pm advanced	6:30-8:30 Muay Thai	6:15-7pm white belts	6:30-8:30 Muay Thai	
	7:15-8:30 Judo adult/teens		7:15-8:30 Judo adults/teens		

Days: Sunday, Monday, Wednesday, Thursday

Rooms: Allotted two rooms except for Thursday when boxing is the only space available.