

## CANUCKLES TRAINING SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPEN GYM	11am-2pm	4pm-9pm	2pm-9pm	4pm-9pm	2pm-9pm	4pm-9pm	11am-3pm
GROUP CLASSES	No Classes- Open Gym Only	6:00-7:00pm Boxing	6:00-7:30pm Mixed Martial Arts Class	6:00-7:00pm Wrestling	6:00-7:30pm Mixed Martial Arts and Ground & Pound	6:00-7:00pm No-Gi Jitsu	10:30-11:15am MMA Conditioning
		7:00-8:00pm MMA Striking		7:00-8:30pm No-Gi Jitsu & MMA		7:00-8:00pm Mixed Martial Arts	12-1:00pm Kids Class
		8:00-9:00pm No-Gi Jitsu					1:30-3pm Open Sparring