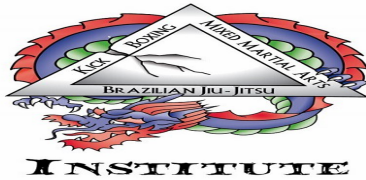


COMBATIVE ARTS



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
5 – 6 AM	ADVANCED KB SEAN		ADVANCED KB SEAN		ADVANCED KB SEAN		
6 -- 7 AM	MMA CONDITIONING SEAN		MMA CONDITIONING SEAN		MMA CONDITIONING SEAN		
7 – 8 AM	BJJ SEAN	BJJ JOHN & JIM	BJJ SEAN	BJJ JOHN OR JIM	BJJ SEAN		
8 - 9 AM						BJJ ALL LEVELS JIM & SEAN	
9 – 10 AM		BJJ ALL LEVELS JOHN		BJJ ALL LEVELS JOHN OR JIM		BJJ ALL LEVELS JIM & SEAN	
10 – 11 AM							KICKBOXING SEAN 1 ½ hour
11 -12 PM	KICKBOXING SEAN	KICKBOXING SEAN	KICKBOXING SEAN	KICKBOXING SEAN	KICKBOXING SEAN		
12 -1 PM	BJJ BEG / INTER SEAN	MMA JOHN D	BJJ BEG / INTER SEAN	MMA JOHN D	BJJ BEG / INTER SEAN		MMA SEAN
1 – 2 PM							
EVENING							
6 – 7 PM MAT 1	KIDS BJ J-MMA 10-15YRS SEAN		KIDS BJJ-MMA 10-15 YRS SEAN	MMA KYLE	KIDS BJ J-MMA 10-15YRS SEAN		
7-8 PM MAT 1	KIDS BJJ LUIGI & JIM R 4-10 YRS		BJJ BEG / INTER JOHN & JIM		KIDS BJJ LUIGI & JIM R 4-10 YRS		
7-8 PM MAT 2	KICKBOXING SEAN	KICKBOXING SEAN	KIDS BJJ LUIGI & JIM R 4-10 YRS	KICKBOXING SEAN			
8:00 PM	MMA CONDITIONING SEAN	MMA CONDITIONING SEAN	BJJ BEG / INTER JOHN & JIM	MMA CONDITIONING SEAN			
8 -9 PM MAT 2	BJJ ALL LEVELS JOHN						