



# FITNESS AND MARTIAL ARTS TRAINING SCHEDULE

*New schedule effective October 1st, 2017 .*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:45AM BJJ INT	6:45AM MUAY THAI BASIC	6:45AM BJJ BASIC	6:45AM MUAY THAI INT	6:45AM BJJ INT	6:45AM MUAY THAI BASIC	6:45AM BJJ BASIC	6:45AM MUAY THAI INT	6:45AM BJJ INT	6:45AM MUAY THAI BASIC	10AM LITTLE NINJAS	10AM FAMA FIT	10AM LITTLE NINJAS	10AM FAMA FIT
7:45AM BJJ BASIC	7:45AM MUAY THAI INT	7:45AM BJJ INT	7:45AM MUAY THAI BASIC	7:45AM BJJ BASIC	7:45AM MUAY THAI INT	7:45AM BJJ INT	7:45AM MUAY THAI BASIC	7:45AM BJJ BASIC	7:45AM MUAY THAI INT	11AM JUNIOR WARRIORS	11AM MUAY THAI BASIC	11AM JUNIOR WARRIORS	11AM MUAY THAI BASIC
		10 AM FAMA FIT FUNDAMENTALS				10 AM FAMA FIT FUNDAMENTALS				12:15PM BJJ INT	12:15PM MUAY THAI INT	12:15PM BJJ BASIC	12:15PM MUAY THAI INT
11:15AM FAMA FIT		11:15AM BJJ NO GI	11:15AM MUAY THAI BASIC	11:15AM FAMA FIT		11:15AM BJJ NO GI	11:15AM MUAY THAI BASIC	11:15AM FAMA FIT		1:15 - 2PM BJJ SPAR		1:15PM BJJ NO GI	
12:15PM BJJ INT	12:15PM MUAY THAI BASIC	12:15PM BJJ BASIC	12:15PM MUAY THAI INT	12:15PM BJJ INT	12:15PM MUAY THAI BASIC	12:15PM BJJ BASIC	12:15PM MUAY THAI INT	12:15PM BJJ INT	12:15PM MUAY THAI BASIC				
1:15PM BJJ BASIC	1:15PM MUAY THAI INT	1:15PM BJJ INT		1:15PM BJJ BASIC	1:15PM MUAY THAI INT	1:15PM BJJ INT		1:15PM BJJ BASIC	1:15PM MUAY THAI INT				
		4PM KIDS MUAY THAI				4PM KIDS MUAY THAI				<b>LEGEND</b>		<b>LEVEL</b>	
5PM LITTLE NINJAS	5PM FAMA FIT FUNDAMENTALS	5 - 6:30PM JUNIOR WARRIORS	5PM FAMA FIT	5PM LITTLE NINJAS	5PM FAMA FIT FUNDAMENTALS	5 - 6:30PM JUNIOR WARRIORS	5PM FAMA FIT	5PM LITTLE NINJAS	5PM FAMA FIT FUNDAMENTALS	BRAZILIAN JIU JITSU (BJJ) BASIC	ALL	BJJ INTERMEDIATE	WHITE BELT 2 STRIPES ^
6PM BJJ BASIC	6PM FAMA FIT	6:30PM BJJ INT	6PM MUAY THAI BASIC	6PM BJJ BASIC	6PM FAMA FIT	6:30PM BJJ INT	6PM MUAY THAI BASIC	6PM BJJ BASIC	6PM FAMA FIT	LITTLE NINJAS	BJJ FOR AGES 4 - 12	JUNIOR WARRIORS	BJJ COMPETITIVE
7PM BJJ INT	7PM MUAY THAI BASIC	7:30PM BJJ BASIC	7PM MUAY THAI INT	7PM BJJ INT	7PM MUAY THAI BASIC	7:30PM BJJ BASIC	7PM MUAY THAI INT	7PM BJJ INT	7PM MUAY THAI BASIC	BJJ SPARRING	OPEN FLOOR / FREE ROLLING WHITE BELT 2 STRIPES ^	BJJ NO GI	WHITE BELT 2 STRIPES ^
8PM BJJ SPAR	8PM MUAY THAI INT			8PM BJJ SPAR	8PM MUAY THAI INT			8PM BJJ SPAR	8PM MUAY THAI INT	MUAY THAI BASIC	ALL	MUAY THAI INTERMEDIATE	INSTRUCTOR'S DISCRETION
										KIDS MUAY THAI	MUAY THAI FOR AGES 4 - 12	FAMA FIT FUNDAMENTALS	ALL
										FAMA FIT	INSTRUCTOR'S DISCRETION		