



# FITNESS AND MARTIAL ARTS TRAINING SCHEDULE

*New schedule effective January 2nd, 2018.*

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	8 - 9:30AM BJJ COMP CLASS			
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				
		10 AM FAMA FIT FUNDAMENTALS				10 AM FAMA FIT FUNDAMENTALS				10AM LITTLE WARRIORS		10AM FAMA FIT	
										11AM JUNIOR WARRIORS		11AM MUAY THAI BASIC	
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					
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	12:15PM BJJ INT	12:15PM MUAY THAI INT	12:15PM BJJ BASIC	12:15PM MUAY THAI INT
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	1:15PM BJJ BASIC	1:15PM MT SPAR	1:15PM BJJ NO-GI	1:15PM MT SPAR
										<b>LEGEND</b>		<b>LEVEL</b>	
										BRAZILIAN JIU JITSU (BJJ) BASIC		ALL	
										BJJ INTERMEDIATE		WHITE BELT 2 STRIPES ^	
										BJJ SPARRING		INSTRUCTOR'S DISCRETION	
										LITTLE WARRIORS		BJJ FOR AGES 4 - 7	
										JUNIOR WARRIORS		BJJ FOR AGES 7 - 12	
										BJJ NO-GI		ALL	
										KIDS NO-GI		NO-GI FOR AGES 7 - 12	
										MUAY THAI BASIC		ALL	
										MUAY THAI INTERMEDIATE		INSTRUCTOR'S DISCRETION	
										MUAY THAI SPARRING		INSTRUCTOR'S DISCRETION	
										KIDS MUAY THAI		MUAY THAI FOR AGES 7 - 12	
										FAMA FIT FUNDAMENTALS		ALL	
										FAMA FIT		INSTRUCTOR'S DISCRETION	
										BJJ COMPETITION CLASS		GI/NO GI AS SCHEDULED PER UPCOMING EVENTS	
4PM KIDS MUAY THAI				4PM KIDS MUAY THAI									
5PM LITTLE WARRIORS		5PM FAMA FIT FUNDAMENTALS		5PM LITTLE WARRIORS		5PM FAMA FIT FUNDAMENTALS		5PM LITTLE WARRIORS		5PM FAMA FIT FUNDAMENTALS			
6PM BJJ BASIC		6PM FAMA FIT		6PM BJJ BASIC		6PM FAMA FIT		6PM BJJ BASIC		6PM FAMA FIT			
7PM BJJ INT		7PM MUAY THAI BASIC		7PM BJJ INT		7PM MUAY THAI BASIC		7PM BJJ INT		7PM MUAY THAI BASIC			
8PM BJJ NO-GI		8PM MUAY THAI INT		8PM BJJ NO-GI		8PM MUAY THAI INT		8PM BJJ SPAR		8PM MUAY THAI INT			
		4:30PM KIDS NO-GI				4:30PM KIDS NO-GI							
		5:30PM JUNIOR WARRIORS		5:30PM FAMA FIT		5:30PM JUNIOR WARRIORS		5:30PM FAMA FIT					
		6:30PM BJJ INT		6:30PM MUAY THAI BASIC		6:30PM BJJ INT		6:30PM MUAY THAI BASIC					
		7:30PM BJJ BASIC		7:30PM MUAY THAI INT		7:30PM BJJ BASIC		7:30PM MUAY THAI INT					