



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM BJJ (Tim)	7:00 AM BJJ (Dino)	7:00 AM BJJ (Tim)	7:00 AM BJJ (Dino)	7:00 AM BJJ (Tim)	Reserved for privates	Reserved for privates
7:45 AM Rolling (Tim)	7:45 AM Rolling (Dino)	7:45 AM Rolling (Tim)	7:45 AM Rolling (Dino)	7:45 AM Rolling (Tim)		
8:15 AM BJJ Einstein	8:15 AM BJJ Einstein	8:15 AM BJJ Einstein	8:15 AM BJJ Einstein	8:15 AM BJJ Einstein		
9:00 AM Privates	9:00 AM Privates	9:00 AM Privates	9:00 AM Privates	9:00 AM Privates	9:00 AM Privates	11:00 AM Women's BJJ Open Roll
11:30 AM MMA Blend Drilling (Elias)				11:45 AM MMA Blend (Elias)	11:30 AM Wrestling Drilling (Tim)	
12:15 PM BJJ (Dino)	12:15 PM BJJ (Tim)	12:15 PM BJJ (Dino)	12:15 PM BJJ (Tim)	12:30 PM MMA Timing Sparring	12:15 PM – 2:00PM BJJ (Dino)	
1:00 PM Rolling (Tim)	1:00 PM Rolling (Tim)	1:00 PM Rolling (Dino)	1:00 PM Rolling (Tim)	1:15 PM Privates		
2:00 PM Striking Einstein / Bag time	2:00 PM Striking Einstein / Bag time	2:00 PM MMA Timing Sparring	2:00 PM Striking Einstein / Bag time			
3:00 PM Rolling	3:00 PM Rolling	3:00 PM Rolling	3:00 PM Rolling			
4:00 PM Wrestling Einstein	4:00 PM Wrestling Einstein	4:00 PM Wrestling Einstein	4:00 PM Wrestling Einstein			
5:30 PM BJJ (Dino)	5:30 PM Wrestling (Tim)	5:30 PM BJJ (Dino)	5:30 PM Wrestling (Tim)	5:30 PM BJJ Einstein		
6:15 PM BJJ (Dino)	6:15 PM BJJ (Dino)	6:15 PM BJJ (Dino)	6:15 PM BJJ (Dino)	6:15 PM BJJ Rolling		
7:00 PM Muay Thai (Matt J)	7:00 PM Muay Thai (Matt J)	7:00 PM Muay Thai (Matt J)	7:00 PM Muay Thai (Matt J)			