



TDCMMA • FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:15 AM Strength & Conditioning	6:15 AM Strength & Conditioning	6:15 AM Strength & Conditioning	6:15 AM Strength & Conditioning	6:15 AM Strength & Conditioning			
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)			
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)			
9:00 AM PRIVATES	9:00 AM PRIVATES	9:00 AM PRIVATES	9:00 AM PRIVATES	9:00 AM PRIVATES	9:00 AM PRIVATES		
					10:00 AM Strength & Conditioning		
					10:45 AM Kickboxing		
		11:30 AM MMA Blend		11:45 AM MMA Blend (Elias)	11:30 AM Wrestling		
12:15 PM BJJ (Dino)	12:15 PM BJJ (Tim)	12:15 PM BJJ (Dino)	12:15 PM BJJ (Tim)	12:30 PM MMA Sparing	12:15 PM BJJ		
					1:45 PM Yoga (Paloma)		
GYM CLOSED 2 PM – 5 PM FOR PRIVATE LESSONS							
5:30 PM – Strength & Conditioning (Tim)	5:30 PM – Strength & Conditioning (Tim)	5:30 PM – Strength & Conditioning (Tim)	5:30 PM – Strength & Conditioning (Tim)				
6:15 PM BJJ (Dino)	6:15 PM BJJ (Dino)	6:15 PM BJJ (Dino)	6:15 PM BJJ (Dino)				
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)				