



# 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		7:00 AM BJJ		7:00 AM BJJ		7:00 AM BJJ		7:00 AM BJJ					
7:45 AM Rolling		7:45 AM Rolling		7:45 AM Rolling		7:45 AM Rolling		7:45 AM Rolling					
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			
										10:00 AM Strength & Conditioning			
										10:45 AM Kickboxing			
11:30 MMA Blend				11:30 AM – MMA Sparring				11:45 AM MMA Blend		11:30 AM Wrestling			
12:15 PM BJJ		12:15 PM BJJ		12:15 PM BJJ		12:15 PM BJJ		12:30 PM MMA Sparring		12:15 PM BJJ			
										1:45 PM Yoga			
<b>GYM CLOSED 2 PM – 5 PM FOR PRIVATE LESSONS</b>													
5:30 PM Strength & Conditioning	<b>5:30 PM BJJ</b>	5:30 PM Strength & Conditioning	<b>5:30 PM Wrestling</b>	5:30 PM Strength & Conditioning	<b>5:30 PM BJJ</b>	5:30 PM Strength & Conditioning	<b>5:30 PM Wrestling</b>						
6:15 PM BJJ		6:15 PM BJJ		6:15 PM BJJ		6:15 PM BJJ							
7:00 PM Muay Thai		7:00 PM Muay Thai		7:00 PM Muay Thai		7:00 PM Muay Thai							