



TDCMMA • FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning		
7:00 AM	BJJ	BJJ	BJJ	BJJ	BJJ		
7:45 AM	Rolling	Rolling	Rolling	Rolling	Rolling		
8:15 AM	BJJ	BJJ	BJJ	BJJ	BJJ		
9:00 AM							
10:00 AM						Strength & Conditioning	
10:45 AM						Kickboxing	
11:30 AM	MMA Blend		MMA Timing Sparring			Wrestling	
11:45 AM					MMA Blend		
12:15 PM	BJJ	BJJ	BJJ	BJJ		BJJ	
12:30 PM					MMA Sparring		
1:45 PM						Yoga	
GYM CLOSED 2 PM – 5 PM FOR PRIVATE LESSONS							
5:30 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning			
	BJJ	Wrestling	BJJ	Wrestling			
6:15 PM	BJJ	BJJ	BJJ	BJJ			



T D C M M A • F I T N E S S

7:00 PM	7:00 PM Muay Thai	7:00 PM Muay Thai	7:00 PM Muay Thai	7:00 PM Muay Thai	
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