



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)		
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 Drilling (Elias)		11:30 AM – MMA Sparring		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)	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)	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)	7:00 PM Muay Thai (Matt J)		