

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM STRENGTH & CONDITIONING	6:00 AM STRENGTH & CONDITIONING 6:15 AM STRENGTH & CONDITIONING	6:00 AM STRENGTH & CONDITIONING 6:15 AM STRENGTH & CONDITIONING	6:00 AM STRENGTH & CONDITIONING 6:15 AM STRENGTH & CONDITIONING	6:15 AM STRENGTH & CONDITIONING	
7AM BJJ (GI) BEGINNER FRIENDLY	7AM BJJ 7 AM STRENGTH & CONDITIONING	7AM BJJ (GI) BEGINNER FRIENDLY	7 AM STRENGTH & CONDITIONING 7AM BJJ	7 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 STUDY HALL	8:15 AM STUDY HALL	8:15 AM STUDY HALL	8:15 AM STUDY HALL	8:15 AM STUDY HALL	
9 AM – OPEN GYM	9 AM – OPEN GYM	9 AM – OPEN GYM	9 AM – OPEN GYM	9 AM – OPEN GYM	
11:30 AM MMA BLEND		11:30 PM MMA SPARRING		11:45 PM MMA BLEND	10:00 AM STRENGTH & CONDITIONING 10:00 AM TDC KIDS
12:15 PM BJJ	12:00 PM STRENGTH & CONDITIONING	12:15 PM BJJ	12:00 PM STRENGTH & CONDITIONING	12:30 PM MMA SPARRING	10:45 AM STRENGTH & CONDITIONING 10: 45 AM KICKBOXING
1:00 PM ROLLING	12:45 PM BJJ BASICS	1:00 PM ROLLING	12:45 PM BJJ BASICS	CLOSED AT 2 PM	11:30 AM WRESTLING
CLOSE AT 2 PM REOPEN AT 4:45 PM	CLOSE AT 2 PM REOPEN AT 4:45 PM	CLOSE AT 2 PM REOPEN AT 4:45 PM	CLOSE AT 2 PM REOPEN AT 4:45 PM		1 PM ROLLING
	4:45 PM TDC KIDS		4:45 PM TDC KIDS		1: 45 PM YOGA
5:00 PM BOXING					
5:45 PM STRENGTH & CONDITIONING 5:45 PM BJJ	5:45 PM STRENGTH & CONDITIONING 5:45 PM WRESTLING	5:45 PM STRENGTH & CONDITIONING 5:45 PM BJJ	5:45 PM STRENGTH & CONDITIONING 5:45 PM WRESTLING		
6:30 PM ROLLING	6:30 PM BJJ	6:30 PM ROLLING	6:30 PM BJJ		
7:15 PM	7:15 PM	7:15 PM	7:15 PM		

To reserve a spot in a Strength and Conditioning please **DOWNLOAD** our app, TDC MMA FITNESS in the app store of your mobile device.

Please email Tasha@tdcmmaandfitness.com to retrieve your Member ID to login



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MUAY THAI

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MUAY THAI

BOXING

