

MODIFIED PHASE 3. SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	CLASS TYPE
6:30-7:15AM	Fitness (Jeff)		Fitness (Britt)		Fitness (Britt)			Indoor Class- no contact
8-9:00AM				Yoga (Lillie)				Outdoor Class- contact
8:30-9:30AM			Striking (Britt)		Striking (Britt)			Outdoor Class- no contact
10-10:45AM							Yoga (lillie)	
10-10:45AM						BJJ Teens/Adults (Brad/Jeff)	Kids BJJ (Pete/Andrew)	
11-11:45AM						Heavy Bag (Britt)	BJJ Teens/Adults(Jeff/Rachel)	
11-11:45AM						Mobility- Jeff		
12:30-1:15PM		BJJ Teens/Adults (Brad/Austen)			BJJ Teens/Adults (Brad/Austen)			
5:45-6:30PM	Kids BJJ(Brad/Rob)	Kids BJJ 9-12 (Austen/Brad)	Kids BJJ(Brad/Rob)	Kids BJJ 9-12 (Austen/Brad)				
5:45-6:30PM	Fitness (Jeff)		Fitness (Britt)					
7-7:45PM	Striking (Doug/Britt)		Striking (Doug/Britt)					
7-7:45PM		BJJ (Austen/Brad)		BJJ (Austen/Rachel)				

Gym Available For Open Training Groups

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30-7:15AM							
9-9:45AM							
10-10:45AM							
11-11:45AM							
5:45-6:30PM							
6:45-7:30PM							