



GYM SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|-------------|--------------|------------------|--------------|----------|----------|----------|
| 5:30-6:30am | CrossFit | | CrossFit | | CrossFit | | |
| 10-11am | | CrossFit | | CrossFit | | | CrossFit |
| 11-12pm | | AdultBJJ | | AdultBJJ | | Judo | |
| 12-1 pm | | | | | | CrossFit | |
| 4-4:30pm | | ToddlerJitsu | | ToddlerJitsu | | | |
| 4-4:30pm | | Rowing | | Rowing | | | |
| 5-5:45 | KidsMMA | KidsBJJ | Kids CrossFit | KidsBJJ | | | |
| 5:30-6:30 pm | CrossFit | CrossFit | CrossFit | CrossFit | | | |
| 6-7 pm | AdultBJJ | AdultBJJ | AdultBJJ | AdultBJJ | | | |
| 7-8 pm | AdultMMA | NoGi | AdultMMA | Judo | | | |
| 8:30-9pm | CardioFight | | CardioFight | | | | |