



Class Time	Monday	Tuesday	Wed	Thursday	Friday	Saturday
9:00 am						9:15-10 am: Kids Martial Arts Age 3-6
10:00am	Temple Training (Basic Muay Thai) with Kru Mel		Circuit Training with Kru Mel			Kids Martial Arts Age- 7-12
10:45 am	Circuit Training with Kru Mel	Temple Training (Basic Muay Thai) with Jordan Kravitz	Gawilla Training (Intermediate Muay Thai) with Kru Mel	Muay Thai Conditioning with Ivan P	Muay Thai Conditioning with Kru Mel	Kids Traditional Brazilian Jiu Jitsu Age 7-12 With Kru Mel and Favio
11:30 am	Gawilla Training (Intermediate Muay Thai) with Kru Mel	Intro To Brazilian Jiu Jitsu	Intermediate Muay Thai/ Boxing Sparring with Kru Mel	Temple Training (Basic Muay Thai) with Ivan P	Boxing with Kru Mel	Temple Training (Basic Muay Thai) with Antoinette Brillinger
12:15 pm	Muay Thai Conditioning w/ Kru Mel	MMA with Jordan Kravitz	Temple Training (Basic Muay Thai) w/ Kru Mel	Boxing with Ivan P	Temple Training (Basic Muay Thai) with Kru Mel	Muay Thai Conditioning with Antoinette Brillinger
1:00 -4:00 pm	Open Training	Open Training	Open Training	Open Training	Open Training	1:00-2:00pm Beginner Sparring with Antoinette Brillinger
4:00pm	Kids Martial Arts Age 3-6 With Dave M	Kids Martial Arts Age 7-12 With Alexandra P	Kids Martial Arts Age 3-6 With Favio	Kids Martial Arts Age- 7-12 With Dave M	Temple Training (Basic Muay Thai) with Dave M	1:00-2:30pm: Intermediate Muay Thai/ Boxing Sparring With Kru Mel
4:45 pm	Kids Martial Arts Age- 7-12 With Dave M	Gawilla Training (Intermediate Muay Thai) with Kru Mel	Kids Intermediate Martial Arts With Favio	Kids Martial Arts Age 3-6 With Dave M	Kids Intermediate Martial Arts With Favio	2:30-3:30pm Kids Demo Team Practice (By Invitation Only)
5:30 pm	Gawilla Training (Intermediate Muay Thai) with Ivan P	Kids Martial Arts Age 3-6 With Alexandra P	Kids Martial Arts Age- 7-12 With Favio	Temple Training (Basic Muay Thai) with Antoinette	Kids Martial Arts Age- 3-6/ 7-12 With Favio + Dave M	
6:15 pm	Temple Training (Basic Muay Thai) with Jordan Kravitz	Boxing with Kru Mel	Circuit Training	Boxing with Kru Mel	Gawilla Training (Intermediate Muay Thai) with Ivan P	
7:00 pm	Traditional BJJ With Titus Sears	Temple Training (Basic Muay Thai) with Michael Smith	Traditional BJJ With Titus Sears	Gawilla Training (Intermediate Muay Thai) with Kru Mel	Temple Training (Basic Muay Thai) with Ivan P	
7:45 pm	Muay Thai Conditioning with Eric Osborne	Competition Team (Competition Team Members Only) 7:45- 9:15	BJJ Randori (Minimum 1 stripe)	MMA with Kru Mel	BJJ No Gi with Titus Sears	
8:30 pm	Temple Training (Basic Muay Thai) with Eric Osborne		Temple Training (Basic Muay Thai) with Michael Smith	Temple Training (Basic Muay Thai) With Michael Smith	BJJ No Gi Randori with Titus Sears (Minimum 1 stripe)	