


# PERFORMEX™

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM	PRACTICE PREP & ACTIVE RECOVERY	COMBAT CONDITIONING	PRACTICE PREP & ACTIVE RECOVERY	COMBAT CONDITIONING		KICKBOXING	
10:00AM	MMA STRIKING	KICKBOXING	MMA STRIKING	KICKBOXING		NOGI JIU-JITSU COMP TRAINING	
12:00PM	GI JIU-JITSU	GI JIU-JITSU	GI JIU-JITSU	GI JIU-JITSU			
5:00PM				STRENGTH & CONDITIONING			
5:15PM	KICKBOXING		KICKBOXING				
6:00PM		KIDS NOGI JIU-JITSU		KIDS GI JIU-JITSU	MMA SKILLS & DRILLS		
6:15PM	NOGI JIU-JITSU		NOGI JIU-JITSU				
7:00PM		GI JIU-JITSU COMP TRAINING		GI JIU-JITSU			
7:30PM	GI JIU-JITSU FUNDAMENTALS		GI JIU-JITSU FUNDAMENTALS				
9:00PM	CLOSED	CLOSED	CLOSED	CLOSED			

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LIL GOONIES  
PERFORMEX KIDS JIU-JITSU

2 SWEET  
PERFORMEX MMA & KICKBOXING