

MUAY THAI KICKBOXING / THAI JITSU 101

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Combat Gold Club All Levels 10:30 - 11:30am	Combat Gold Club All Levels 10:30 - 11:30am	Combat Gold Club All Levels 10:30 - 11:30am	Combat Gold Club All Levels 10:30 - 11:30am	Muay Thai Fight Team 10:30 - 11:30am	Combat Gold Club 10:30 - 11:30am	
Intro Program 101 11:30am - 12:30pm	Intro Program 101 11:30am - 12:30pm	Intro Program 101 11:30am - 12:30pm	Intro Program 101 11:30am - 12:30pm		Muay Thai Fight Team 11:00am - 12:30pm	
Combat Gold Club All Levels 6:30 - 7:30pm	Combat Gold Club All Levels 6:30 - 7:30pm	Combat Gold Club All Levels 6:30 - 7:30pm	Combat Gold Club All Levels 6:30 - 7:30pm			
	Intro Program 101 7:30 - 8:30pm		Intro Program 101 7:30 - 8:30pm	Combat Gold Club Muay Thai Pad Work 7:00 - 8:00pm		
	Muay Thai Fight Team 8:30 - 9:30pm		Muay Thai Fight Team 8:30 - 9:30pm	Muay Thai Fight Team 8:00 - 9:00pm		

MMA - MIXED MARTIAL ARTS / THAI JITSU 102

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MMA Thai Jitsu 102 7:30 - 8:30pm	MMA Thai Jitsu 102 4:30 - 5:30pm	MMA Thai Jitsu 102 7:30 - 8:30pm	MMA Thai Jitsu 102 4:30 - 5:30pm		MMA Thai Jitsu 102 10:00 - 11:00am	

ADULT BRAZILIAN JIU-JITSU (GI) & NO GI GRAPPLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Combat Gold Club NO-GI 10:00 - 11:30am	Combat Gold Club BJJ Blue Belts & Above 10:00 - 11:30am	Combat Gold Club NO-GI 10:00 - 11:30am	Combat Gold Club BJJ Blue Belts & Above 10:00 - 11:30am	Combat Gold Club NO-GI 10:00 - 11:30am		
BJJ White Belt Basics 11:30am - 12:30pm		BJJ White Belt Basics 11:30am - 12:30pm			BJJ All Levels 10:00 - 11:00am	
Wrestling 5:30 - 6:30pm	Wrestling 5:30 - 6:30pm	Wrestling 5:30 - 6:30pm	Wrestling 5:30 - 6:30pm		Judo Combat Gold Club 11:00am - 12:00pm	
BJJ White Belt Basics* 7:30 - 8:30pm	BJJ White Belt Basics* 6:30 - 7:30pm	BJJ White Belt Basics* Gripping & Guard Passing 8:30 - 9:30pm	BJJ White Belt Basics 6:30 - 7:30pm	Wrestling* 5:30 - 6:30pm	Competition Team Grappling & BJJ 12:00 - 2:00pm	
BJJ Advanced Combat Gold Club 7:30 - 9:00pm		BJJ Advanced Combat Gold Club 7:30 - 9:00pm	BJJ Blue Belts & Above* Combat Gold Club Combat Athlete 7:30 - 9:00pm	BJJ Blue Belts & Above* Combat Gold Club Combat Athlete 7:30 - 9:00pm	Open Mat & Sparring MMA/BJJ Unlimited Only 2:00 - 3:00pm	
Judo Combat Gold Club 9:00 - 10:00pm	BJJ Blue Belts & Above* Combat Gold Club 8:30 - 9:30pm	Judo Combat Gold Club 9:00 - 10:00pm	BJJ Blue Belts & Above* Combat Gold Club 8:30 - 9:30pm			