

THE MMA LAB Training Schedule Effective October 5th, 2009

John Crouch	Jarret Aki	Rick Roufus	
Andrew Heckel	Kevin Kessler	Reynaldo Moreno	Chris Zubryki

**MONDAY**

	Training Room 1	Training Room 2	Training Room 3	Training Room 4
6:00 AM				Strength Training
6:55 AM				
7:00 AM				
7:55 AM				Closed MMA Session
8:00 AM				
8:55 AM				Closed MMA Session
9:00 AM	Basic BJJ	Boxing		
9:55 AM				
10:00 AM	Muay Thai	Advanced BJJ		
10:55 AM				
11:00 AM	Cardio Circuit			
11:55 AM				
12:00 PM				
12:55 PM				
1:00 PM				
1:55 PM				
2:00 PM				
2:55 PM				Strength Training
3:00 PM	Closed MMA Session			
3:55 PM				
4:00 PM				Strength Training
4:55 PM				
5:00 PM	Cardio Circuit	Beg. Muay Thai	Kids BJJ Ages 8 - 12	
5:55 PM				
6:00 PM	Basic BJJ	Adv. Muay Thai	Kids Wrestling Ages 5 - 12	
6:55 PM				
7:00 PM	Advanced BJJ	Boxing		
7:55 PM				
8:00 PM				

## TUESDAY

	Training Room 1	Training Room 2	Training Room 3	Training Room 4
6:00 AM 6:55 AM				
7:00 AM 7:55 AM	Cardio Circuit			
8:00 AM 8:55 AM				Closed MMA Session
9:00 AM 9:55 AM	Muay Thai	Basic BJJ		
10:00 AM 10:55 AM	NO GI All Levels	Combat Circuit		
11:00 AM 11:55 AM				
12:00 PM 12:55 PM	Boxing			
1:00 PM 1:55 PM				
2:00 PM 2:55 PM				
3:00 PM 3:55 PM	Closed MMA Session			
4:00 PM 4:55 PM		Kids Kickboxing Ages 5 - 7	Kids BJJ Ages 8 - 12	
5:00 PM 5:55 PM	Kickboxing	Kids Kickboxing Ages 8 - 12	Kids BJJ Ages 5 - 7	Asphalt Jungle
6:00 PM 6:55 PM	Advanced NO GI BJJ	Technique Muay Thai	Basic NO GI BJJ	
7:00 PM 7:55 PM	MMA Class			
8:00 PM				

## WEDNESDAY

	Training Room 1	Training Room 2	Training Room 3	Training Room 4
6:00 AM 6:55 AM				Strength Training
7:00 AM 7:55 AM				
8:00 AM 8:55 AM				Closed MMA Session
9:00 AM 9:55 AM	Basic BJJ	Boxing		
10:00 AM 10:55 AM	Muay Thai	Advanced BJJ		
11:00 AM 11:55 AM	Cardio Circuit			
12:00 PM 12:55 PM				
1:00 PM 1:55 PM				
2:00 PM 2:55 PM				
3:00 PM 3:55 PM	Closed MMA Session			Strength Training
4:00 PM 4:55 PM				
5:00 PM 5:55 PM	Cardio Circuit	Beg. Muay Thai	Kids BJJ Ages 8 - 12	
6:00 PM 6:55 PM	Basic BJJ	Adv. Muay Thai Spar	Kids Wrestling Ages 5 - 12	
7:00 PM 7:55 PM	Open Mat BJJ	Boxing		
8:00 PM				

## THURSDAY

	Training Room 1	Training Room 2	Training Room 3	Training Room 4
6:00 AM 6:55 AM				
7:00 AM 7:55 AM	Cardio Circuit			
8:00 AM 8:55 AM				Closed MMA Session
9:00 AM 9:55 AM	Muay Thai	Basic BJJ		
10:00 AM 10:55 AM	NO GI All Levels	Combat Circuit		
11:00 AM 11:55 AM				
12:00 PM 12:55 PM	Boxing			
1:00 PM 1:55 PM				
2:00 PM 2:55 PM				
3:00 PM 3:55 PM	Closed MMA Session			
4:00 PM 4:55 PM		Kids Kickboxing Ages 5 - 7	Kids BJJ Ages 8 -12	
5:00 PM 5:55 PM	Kickboxing	Kids Kickboxing Ages 8 - 12	Kids BJJ Ages 5 - 7	Asphalt Jungle
6:00 PM 6:55 PM	Advanced NO GI BJJ	Muay Thai All Levels	Basic NO GI BJJ	
7:00 PM 7:55 PM	MMA Class			
8:00 PM				

## FRIDAY

	Training Room 1	Training Room 2	Training Room 3	Training Room 4
6:00 AM 6:55 AM				Strength Training
7:00 AM 7:55 AM				
8:00 AM 8:55 AM				Closed MMA Session
9:00 AM 9:55 AM	Basic BJJ	Boxing		
10:00 AM 10:55 AM	Muay Thai	Advanced BJJ		
11:00 AM 11:55 AM	Cardio Circuit			
12:00 PM 12:55 PM				
1:00 PM 1:55 PM				
2:00 PM 2:55 PM				
3:00 PM 3:55 PM				Strength Training
4:00 PM 4:55 PM				
5:00 PM 5:55 PM	Muay Thai	Cardio Circuit	All Levels BJJ Spar	
6:00 PM 6:55 PM				
7:00 PM 7:55 PM				
8:00 PM 8:55 PM				

## SATURDAY

	Training Room 1	Training Room 2	Training Room 3	Training Room 4
6:00 AM 6:55 AM				
7:00 AM 7:55 AM				
8:00 AM 8:55 AM				
9:00 AM 9:55 AM			Kids Wrestling Ages 5 - 12	
10:00 AM 10:55 AM	Boxing Spar All Levels	Kids Boxing Ages 7 - 12	All Levels BJJ	
11:00 AM 11:55 AM	Cardio Circuit	Muay Thai All Levels / Spar	NO GI BJJ All Levels	
12:00 PM 12:55 PM	Closed MMA Session			
1:00 PM 1:55 PM				
2:00 PM 2:55 PM				

All Muay Thai, Kickboxing and Boxing Classes require protective gear (shin pads, head gear, groin protection & mouth guard). Advanced Muay Thai requires instructors approval to participate in class.

Advanced BJJ Classes require 40 Basic BJJ Classes and/or instructors approval.

All Combat Circuit Classes require 9 Muay Thai classes to be taken prior to attending.