NEW SCHEDULE STARTING FEBRUARY 6TH 2012

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B
	BJJ (12-1pm)		BJJ (12-1pm)		BJJ (12-1pm)		BJJ (12-1pm)		BJJ (12-1pm)		YSD Kids 10am-11 am	Circuit training 10am-11 am
			Tactical (1-2pm)		Tactical (1-2pm)		Tactical (1-2pm)				Adult YSD 11am-12am	Open mat 11am-12am
5:00												
5:30	Circuit 5:30-6:30		KIckboxing		Circuit 5:30-6:30		kickboxing			Circuit 5:30-6:30		Systema 1pm-3pm
6:00		Wrestling 6:00-8:00	Muay Thai 6:00-7:30	Yu Shin Do 6:00-7:00		Wrestling 6:00-8:00	Muay Thai 6:00-7:30	Yu Shin Do 6:00-7:00	Judo 6:00-7:00			
6:30	BJJ 6:30-8:00				BJJ 6:30-8:00				Open Mat 7:00-8:00	Systema 6:30-8:00		
7:00												
7:30			BJJ 7:30-8:30				BJJ 7:30-8:30					
8:00	Muay Thai 8:00-9:30	Systema 8:00-9:30	No Gi 8:30-9:30	MMA 8:00-9:30	Muay Thai 8:00-9:30	Systema 8:00-9:30	No Gi 8:30-9:30	MMA 8:00-9:30				
8:30												
9:00												
9:30												
10:00												