

VIP/MMA Membership - 60 hours / week

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am-9am		MMA Camp Training			8am-8:45am	
9am-9:45am	Open Mat / Private Lessons	Open Mat / Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	All Levels Jiu-Jitsu (Gi) Takedowns	
10am-10:45am	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Weights Room/ Private Lessons
11am-11:45pm	Yoga	Cardio Kickboxing	Yoga	Cardio Kickboxing	Yoga	Box Fit
12pm-12:45pm	Open Mat/Private Lessons	Open Mat/ Private Lessons	Open Mat/Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	All Levels Jiu-Jitsu (Gi)
1pm-1:45pm	BJJ/Striking	Brazilian Jiu Jitsu Gi Class	BJJ/Striking	Clinch Work BJJ/Striking	Fence Work	Team Ascension Brazilian Jiu-Jitsu/MMA Training
2pm-2:45pm	All Levels Thai Kickboxing	Open Mat/ Private Lessons	No Gi Ground and Pound	Open Mat/ Private Lessons	All Levels Thai Kickboxing	
3pm-3:45pm						
4pm-4:45pm	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Police Military Only	Open Mat/ Private Lessons	
5:00-5:30pm	Weights Room/ Private Lessons	Weights Room/ Private Lessons	Weights Room/ Private Lessons	Weights Room/ Private Lessons	Weights Room/ Private Lessons	
5:30-6:15pm	Intermediate Strictly Core	Muscle Toning	Cardio Kickboxing	Muscle Toning	Box Fit	
6:15-7pm	Cardio Kickboxing	Box Fit	Beginner Strictly Core	Box Fit	Weights Room/ Private Lessons	Sunday CLOSED
7:00-7:45pm	Beginner Thai Kickboxing Technique	Beginner Jiu Jitsu (Gi)	Power Yoga	All Levels Jiu-Jitsu (No-Gi)	Weight Lifting Circuit	
8-8:45pm	Intermediate Jiu Jitsu	Open Grappling	Advanced Jiu Jitsu	Open Grappling		
9-9:45pm	Open Grappling	Intermediate Thai Kickboxing	Intermediate Jiu Jitsu (Gi) Open Grappling	All Levels Thai Kickboxing	All Levels Jiu-Jitsu (Gi)	
10-10:45pm	MMA team training	Team Ascension BJJ Competition Team	MMA team training	Team Ascension BJJ Competition Team		

MMA Class is a combination of conditioning and techniques relevant to an MMA bout

Competition Team is a combination of conditioning and techniques relevant to a Jiu-Jitsu Match

BJJ / Striking - fusion conditioning and situation workout for mixed martial arts

Jiu Jitsu is the combined study of takedown, grappling and self defense techniques

Thai Kickboxing: Conditioning and techniques relevant in Muay Thai Kickboxing

Kickboxing: Cardio oriented workout using kickboxing techniques

Boxercise: Cardio oriented workout using boxing techniques

Strictly Core: Circuit training for functional core toning

Muscle Toning: Circuit Weight Training using body weight and kettlebells