

MMA Membership - 56 classes / week

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:15am		Intro to Thai Kickboxing		Total Body Toning		
7:15-8am		MMA team training		All Levels Jiu-Jitsu (Gi)		
8am-8:45am	All Levels Jiu-Jitsu (Gi) Open Grappling	BJJ/STRIKING	All Levels Thai Kickboxing	Open Mat/ Private Lessons	All Levels Jiu-Jitsu (Gi)	
9am-9:45am	Boxercise	Open Mat / Private Lessons	All Levels Strictly Core	Open Mat/ Private Lessons	All Levels Thai Kickboxing	
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	Open Mat/ Private Lessons	All Levels Jiu-Jitsu (Gi) Open Grappling	Open Mat/ Private Lessons	All Levels Thai Kickboxing	Open Mat/ Private Lessons	Boxercise
12pm-12:45pm	Yoga	All Levels Strictly Core	Yoga	All Levels Jiu-Jitsu (No Gi) Open Grappling	All Levels Thai Kickboxing	All Levels Jiu-Jitsu (Gi)
1pm-1:45pm	All Levels Thai Kickboxing	BJJ/STRIKING	All Levels Thai Kickboxing	BJJ/STRIKING	All Levels Strictly Core	Judo/STRIKING
2pm-2:45pm	BJJ/STRIKING	Open Mat/ Private Lessons	BJJ/STRIKING	Open Mat/ Private Lessons	BJJ/STRIKING	MMA Team Sparring
3pm-3:45pm	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Team Ascension BJJ Competition Team
4pm-4:45pm	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Police Military Only	Open Mat/ Private Lessons	Open Mat
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	Kickboxing	Muscle Toning	Boxercise	
6:15-7pm	Kickboxing	Boxercise	Beginner Strictly Core	Boxercise	Weights Room/ Private Lessons	Sunday Open Mat 1pm-5pm
7:00-7:45pm	Beginner Thai Kickboxing Technique	Beginner Jiu Jitsu (Gi) Open Grappling	Power Yoga	All Levels Jiu-Jitsu (No-Gi) Open Grappling	Weight Lifting Circuit Team Ascension BJJ Competition Team	
8-8:45pm	Intermediate Jiu Jitsu Open Grappling	Intermediate Thai Kickboxing	Advanced Jiu Jitsu Intermediate Jiu Jitsu (Gi) Open Grappling	All Levels Thai Kickboxing	All Levels Jiu-Jitsu (Gi)	
9-9:45pm	MMA team training	Team Ascension BJJ Competition Team	MMA team training	Team Ascension BJJ Competition Team		
10-10:45pm						

- 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
- Weight Circuit - circuit training with weights