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	6:30AM	7:30AM	11:30AM	12:30PM	1pm	2pm	4pm	4:30pm	4:45PM	5:45PM	6:45pm	7:45pm
MON			Muay Thai				*DC Kids (4-5 Yrs)	Kids MT (9-15 Yrs)		Muay Thai		Muay Thai
			BJJ - Gi					Kids BJJ - Gi (9-15 Yrs)		BJJ - Gi		BJJ - No Gi
TUE	Muay Thai						*DC Kids (6-8 Yrs)	*DC Kids (9-15 Yrs)		Muay Thai		Muay Thai
	BJJ - Gi				BJJ Comp Training			Kids BJJ & MT (4-8 Yrs)		BJJ - No Gi		BJJ - Gi
WED	Muay Thai Sparring		Muay Thai				*DC Kids (4-5 Yrs)	Kids MT (9-15 Yrs)		Muay Thai		Muay Thai Sparring
			BJJ - Gi					Kids BJJ - Gi (9-15 Yrs)		BJJ - Gi		BJJ - No Gi
THU	Muay Thai						*DC Kids (6-8 Yrs)	*DC Kids (9-15 Yrs)		Muay Thai		MMA
	BJJ - No Gi							Kids BJJ & MT (4-8 Yrs)		BJJ - No Gi		BJJ - Gi
FRI			Muay Thai					Kids MT (9-15 Yrs)		Muay Thai Sparring		
			BJJ - No Gi					Kids BJJ - No Gi (9-15 Yrs)		Open Gym		

	9:45AM	11:00AM
SAT	Muay Thai Conditioning	
	BJJ - No Gi	

Legend

Gi	BJJ Uniform
No Gi	Rash guard and Shorts
*DCKIDS	DC Kids Classes aligned with the ACT school terms