



Millersville

311 Serendipity Dr. Millersville, MD 21108

Adult BJJ	Yoga	Kids BJJ & Kickboxing
Boxing & Kickboxing	Fight Fit	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-11am Wall Yin w/Kate	5-6am FF w/Kelly	5-6am FF w/Nate	5-6am FF w/Drew	5-6am FF w/Nate	5-6am FF w/Drew	8-9am FF w/Brendan
1-3pm Open Mat	6:30-7:30am FF w/Kaci	6-7am All-levels BJJ w/Nate	6am-7am Yoga w/Rebekah	6-7am All-levels No-Gi BJJ w/Nate	6:30-7:30am FF w/Kristy	9-10am Vinyin Yoga w/Brendan
2-3pm Boxing w/Wayde	9:30-10:30am FF w/Nate	6:30-7:30am FF w/Kristy	9:30-10:30am FF w/Nate	6:30-7:30am FF w/Kaci	9:30-10:30am FF w/Nate	9-10am BJJ Fundamentals w/Matt
	10:45-11:30am Muay Thai Striking All-levels w/Nate	7-7:45am Muay Thai Striking All-levels w/Nate	10:45-11:30am Muay Thai Striking All-levels w/Nate	7-7:45am Muay Thai Striking All-levels w/Nate	12-1pm All-levels No-Gi w/Michael	9-10am Kids No-Gi BJJ - all levels w/Michael
	12-1pm All-levels BJJ w/Michael	9:30-10:30am FF w/Jodi	12-1pm All-levels BJJ w/Michael	9:30-10:30am FF w/Jodi	5-6pm Boxing w/Wayde	10-11am All-levels BJJ w/Matt
	4pm No-Gi w/Matt	5-6pm Fight Fit w/Brendan	5-6pm FF w/Kate	5-6pm FF w/Pat		11:30am-12:30pm Muay Thai Striking w/Sparring Lvl2+ w/Pat
	5-6pm Fight Fit w/Kate	5-5:30pm Kids KB 4yrs+ w/Gordy	5:30-6:10pm 4-7yr. Gi BJJ Fundamentals w/Rich Sedgwick	5-5:30pm Kids KB 4yrs+ w/Gordy		
	5:30-6:10pm Kids 4-7yr. Gi BJJ Fundamentals w/Rich Sedgwick	5:30-6:10pm Kids 4-7yr. Gi BJJ w/Michael	6-7pm Muay Thai Striking Lvl1+ w/Pat	5:30-6:10pm Kids 4-7yr. Gi BJJ w/Michael		
	6-7pm Muay Thai Striking Lvl1+ w/Cam	6-7pm Vinyasa w/Brendan	6-7pm Yin Yoga w/Kate	6-7pm Muay Thai Striking Lvl1+ w/Pat		
	6-7pm Vinyin Yoga w/Rebekah	6-7pm Muay Thai Striking Lvl1+ w/Gordy	6:10-7pm Kids 7yrs+ Gi BJJ Fundamentals w/Rich Sedgwick	6-7pm BUTI w/Kate		
	6:10-7pm Kids 7yrs+ Gi BJJ Fundamentals w/Rich Sedgwick	6:10-7pm Kids 7yrs+ Gi BJJ w/Michael	7-8pm All-levels No-Gi BJJ w/Matt	6:10-7pm Kids 7yrs+ Gi BJJ w/Michael		
	7-8pm All-levels BJJ w/VJ	7-8pm All-levels BJJ w/Matt	7-8pm Muay Thai Striking Fundamentals w/Mike	7-8pm All-levels BJJ w/Lance		
	7-8pm Muay Thai Striking Fundamentals w/Cam	7-8pm Fundamentals BJJ w/Genaro		7-8pm Fundamentals BJJ w/Genaro		