## Octagon MMA And Krav Maga Schedule

Sparring

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM -	6:00 AM -	10:00 AM -	6:00 AM -	5:00 PM -	8:30 AM -	12:00 PM -
11:00 AM	7:00 AM	11:00 AM	7:00 AM	5:35 PM	10:00 AM	1:30 PM
Krav Maga	women's	Krav Maga	women's	Muay Thai	brazilian jiu-	Brazilian Jiu-
self-defense	cardio	self-defense	cardio	kickboxing	jitsu	Jitsu
	kickboxing		kickboxing	for kids (6-		
5:00 PM -	The state of the s	5:00 PM -		12)	9:00 AM -	
5:35 PM	5:30 PM -	5:35 PM	5:30 PM -		10:00 AM	
<b>Muay Thai</b>	6:30 PM	<b>Muay Thai</b>	6:30 PM	5:40 PM -	Krav Maga	
kickboxing	Women's	kickboxing	Boxing	6:30 PM	self-defense	
for kids (6-	Cardio	for kids (6-		Women's	Aller and a series and a	
12)	Kickboxing	12)	6:00 PM -	Cardio	9:00 AM -	
			7:30 PM	Kickboxing	12:00 PM	
5:40 PM -	5:30 PM -	5:40 PM -	<b>Brazilian Jiu-</b>		<b>Open Mat</b>	
6:30 PM	6:30 PM	6:30 PM	Jitsu	5:45 PM -	(members	
Women's	Krav Maga	Women's		6:25 PM	only)	
Cardio	self-defense	Cardio	6:40 PM -	Kid's BJJ (6-		
Kickboxing		Kickboxing	7:30 PM	12)	10:00 AM -	
	6:30 PM -		Krav Maga		11:00 AM	
5:45 PM -	8:00 PM	5:40 PM -	self-defense	6:40 PM -	Krav Maga	
6:25 PM	Brazilian Jiu-	6:25 PM		7:30 PM	Sparring	
Kid's BJJ (6-	Jitsu	Kid's BJJ (6-	7:30 PM -	<b>Muay Thai</b>		
12)	100	12)	8:30 PM	Kickboxing		
	6:40 PM -		Krav Maga			
6:40 PM -	7:30 PM	6:30 PM -	Sparring	7:30 PM -		
7:30 PM	Boxing	7:30 PM	session	8:40 PM		
Krav Maga		Brazilian Jiu-		Judo & Sport		
self-defense		Jitsu		Sambo		
6:40 PM -		6:40 PM -				
7:40 PM		7:30 PM				
Muay Thai		Muay Thai				
Kickboxing		Kickboxing				
7:30 PM -		7:30 PM -				
8:45 PM		8:45 PM				
Sambo/Submission		Combat				
Grappling		Jujitsu & Sambo				
7:35 PM -						
8:30 PM						
Krav Maga						
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