



Millersville

412 Headquarters Dr. Suite 1 Millersville, MD 21108

Adult BJJ & Grappling

Yoga

Kids BJJ

Boxing & Kickboxing

Fight Fit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-11am Wall Yin w/Kate	5-6am Fight Fit w/Kelly	5-6am Fight Fit w/Nate	5-6am Fight Fit w/Drew	5-6am Fight Fit w/Nate	5-6am Fight Fit w/Drew	8-9am Fight Fit w/Brendan
10am-12pm Grappling w/Dylan	6:30-7:30am Fight Fit w/Cass	6-7am All-levels BJJ w/Nate	6am-7am Yoga w/Brendan	6-7am All-levels No-Gi BJJ w/Nate	6:30-7:30am Fight Fit w/Kristy	9-10am Vinyin Yoga w/Brendan
12-2pm Open Mat	9:30-10:30am Fight Fit w/Nate	6:30-7:30am Fight Fit w/Kristy	9:30-10:30am Fight Fit w/Nate	6:30-7:30am Fight Fit w/Cass	9:30-10:30am Fight Fit w/Nate	9-10am BJJ Fundamentals w/Matt
2-3pm Boxing w/Wayde	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 Fight Fit w/Jodi	12-1pm All-levels BJJ w/Michael	9:30-10:30am Fight Fit w/Jodi	5-6pm Boxing w/Wayde	10-11am All-levels BJJ w/Matt
	4pm All-levels No-Gi drilling w/Matt	5-6pm Fight Fit w/Brendan	5-6pm Fight Fit w/Kate	5-6pm Fight Fit w/Pat		11:30am-12:30pm Muay Thai Striking w/Sparring Lvl2+ w/Pat
	5-6pm Fight Fit w/Kate	5-6pm Kids 4-7yr. Gi BJJ w/Rich S+Mikey	5-6pm Kids 4-7yr. Gi BJJ w/Rich S+Mikey	5-6pm Kids 4-7yr. Gi BJJ w/Rich S+Mikey		
	5-6pm Kids 4-7yr. Gi BJJ w/Rich S+Mikey	5-6pm Kids 7yrs+ Gi BJJ w/Rich S+Mikey	5-6pm Kids 7yrs+ Gi BJJ w/Rich S+Mikey	5-6pm Kids 7yrs+ Gi BJJ w/Rich S+Mikey		
	5-6pm Kids 7yrs+ Gi BJJ w/Rich S+Mikey	6-7pm Vinyasa w/Brendan	6-7pm Muay Thai Striking Lvl1+ w/Pat	6-7pm Muay Thai Striking Lvl1+ w/Pat		
	6-7pm Muay Thai Striking Lvl1+ w/Cam	6-7pm Muay Thai Striking Lvl1+ w/Gordy	6-7pm Muay Thai Striking Fundamentals w/Stephanie	6-7pm BUTI w/Kate		
	6-7pm Muay Thai Striking Fundamentals w/Malibu	7-8pm All-levels BJJ w/Matt	6-7pm Yin Yoga w/Kate	7-8pm Clinch-focused Muay Thai Striking Lvl3+ w/Pat		
	6-7pm Vinyin Yoga w/Rebekah	7-8pm BJJ Fundamentals w/Genaro	7-8pm All-levels No-Gi BJJ w/Matt	7-8pm All-levels BJJ w/Lance		
	7-8pm All-levels BJJ w/VJ	8-9pm No-Gi BJJ w/Matt		7-8pm BJJ Fundamentals w/Genaro		