



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 |
|-------------------------|--|---|--|---|--|---|
| 9am Boxing w/Cam | 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 |
| 10-11am Wall Yin w/Kate | 6:30-7:30am Fight Fit w/Cass | 6-7am All-levels BJJ w/Nate | 9:30-10:30am Fight Fit w/Nate | 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 | 10:45-11:30am Muay Thai Striking All-levels w/Nate | 6:30-7:30am Fight Fit w/Cass | 9:30-10:30am Fight Fit 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 | 11:45am-1pm All-levels BJJ w/Michael | 7-7:45am Muay Thai Striking All-levels w/Nate | 11:45am-1pm All-levels No-Gi w/Michael | 9-10am Kids No-Gi BJJ - all levels w/Michael |
| | 11:45am-1pm All-levels BJJ w/Michael | 9:30-10:30am Fight Fit w/Jodi | 5-6pm Fight Fit w/Kate | 9:30-10:30am Fight Fit w/Jodi | 5-6pm Boxing w/Nate | 10-11am All-levels BJJ w/Matt |
| | 4pm All-levels No-Gi drilling w/Matt | 5-6pm Fight Fit w/Brendan | 5-6pm Kids 4-7yr. Gi BJJ w/Rich S+Mikey | 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 7yrs+ 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 | 6-7pm Muay Thai Striking Lvl1+ w/Pat | 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 Fundamentals w/Stephanie | 6-7pm Muay Thai Striking Lvl1+ w/Pat | | |
| | 6-7pm Muay Thai Striking Lvl1+ w/Malibu | 6-7pm Muay Thai Striking Lvl1+ w/Laila | 6-7pm Yin Yoga w/Kate | 6-7pm BUTI w/Kate | | |
| | 6-7pm Muay Thai Striking Fundamentals w/Malibu | 7-8pm All-levels BJJ w/Matt | 7-8pm All-levels No-Gi BJJ w/Matt | 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 BJJ w/Lance | | |
| | 7-8pm All-levels BJJ w/VJ | 8-9pm No-Gi BJJ w/Matt | | 7-8pm BJJ Fundamentals w/Genaro | | |