



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	6:30-7:30am Fight Fit w/Cass	6-7am All-levels No-Gi BJJ w/Nate	6:30-7:30am Fight Fit w/Kristy	9-10am Vinyin Yoga w/Brendan
11am-noon Women Only BJJ w/Genaro	9:30-10:30am Fight Fit w/Nate	7-7:45am Muay Thai Striking All-levels w/Nate	9:30-10:30am Fight Fit w/Nate	7-7:45am Muay Thai Striking All-levels w/Nate	9:30-10:30am Fight Fit w/Nate	9-10am BJJ Fundamentals w/Matt
12-2pm Open Mat	10:45-11:30am Muay Thai Striking All-levels w/Nate	9:30-10:30am Fight Fit w/Jodi	10:45-11:30am Muay Thai Striking All-levels w/Nate	9:30-10:30am Fight Fit w/Jodi	11:45am-1pm All-levels No-Gi w/Michael	9am Little Kids All-levels Gi BJJ (Ages 4-6)) w/Rich S+Mikey
	11:45am-1pm All-levels BJJ w/Michael	5-6pm Fight Fit w/Brendan	11:45am-1pm All-levels BJJ w/Michael	5-6pm Fight Fit w/Pat	5-6pm Boxing w/Tyler	9am Big Kids Beginner Gi BJJ (Grey Belt & Under, Ages 7+) w/Rich S+Mikey
	3:45-5pm No-Gi drilling w/Matt	5-6pm Little Kids All-levels Gi BJJ (Ages 4-6)) w/Rich S+Mikey	5-6pm Fight Fit w/Kate	5-6pm Little Kids All-levels Gi BJJ (Ages 4-6)) w/Rich S+Mikey	5-6pm Big Kids Advanced Gi BJJ (Grey Black Belt & Up, Ages 7+) w/Rich S+Mikey	9am Big Kids Advanced Gi BJJ (Grey Black Belt & Up, Ages 7+) w/Rich S+Mikey
	5-6pm Fight Fit w/Kate	6-7pm Vinyasa w/Brendan	5-6pm Big Kids Beginner Gi BJJ (Grey Belt & Under, Ages 7+) w/Rich S+Mikey	6-7pm Muay Thai Striking Lvl1+ w/Pat	6-7pm Women's Only Muay Thai Striking w/Leila	10-11am All-levels BJJ w/Matt
	5-6pm Big Kids Beginner Gi BJJ (Grey Belt & Under, Ages 7+) w/Rich S+Mikey	6-7pm Muay Thai Striking Lvl1+ w/Pat	5-6pm Big Kids Advanced Gi BJJ (Grey Black Belt & Up, Ages 7+) w/Rich S+Mikey	6-7pm BUTI w/Kate		11:30am-12:30pm Muay Thai Striking w/Sparring Lvl2+ w/Pat
	5-6pm Big Kids Advanced Gi BJJ (Grey Black Belt & Up, Ages 7+) w/Rich S+Mikey	7-8pm Muay Thai Striking Lvl3+ w/Pat	6-7pm Muay Thai Striking Fundamentals w/Stephanie	7-8pm Gi BJJ Fundamentals and All-levels w/Genaro		
	6-7pm Muay Thai Striking Fundamentals w/Stephanie	7-8pm Gi BJJ Fundamentals and All-levels w/Genaro	6-7pm Muay Thai Striking Lvl1+ w/Leila	7-8:30pm All-levels No-Gi BJJ w/Pat		
	6-7pm Muay Thai Striking Lvl1+ w/Cam	7-8:30pm All-levels No-Gi BJJ w/Matt	6-7pm Yin Yoga w/Kate			
	6-7pm Vinyin Yoga w/Kate		7-8:30pm All-levels Gi BJJ w/Matt			
	7-8:30pm Gi BJJ w/VJ					