

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM) upstairs 5:30-6:30pm HVWC Practice	3 3-5pm HHS Wrestling Practice 5:15-6pm Beginner Boxing (NJ) 5:30-6:15pm Youth Jiu Jitsu (JF) 6-7pm Open Boxing (NJ) 6:15-7:45pm Adult Jiu Jitsu (JF)	4 2:30-5pm HMS Wrestling Practice 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	5 2:30-5pm HMS Wrestling Practice 5:15-6pm Beginner Boxing (DM & NA) 5:30-6:15pm Youth Jiu Jitsu (JF) 6-7pm Open Boxing (DM & NA) 6:15-7:45pm Adult Jiu Jitsu (JF)	6 2:30-5pm HMS Wrestling Practice 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	7 2:30-5pm HMS Wrestling Practice 6-7:30pm Beginner Jiu Jitsu (JF)	8 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
9 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM) upstairs 5:30-6:30pm HVWC Practice	10 3-5pm HHS Wrestling Practice 5:15-6pm Beginner Boxing (NJ) 5:30-6:15pm Youth Jiu Jitsu (JF) 6-7pm Open Boxing (NJ) 6:15-7:45pm Adult Jiu Jitsu (JF)	11 2:30-5pm HMS Wrestling Practice 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	12 5:15-6pm Beginner Boxing (DM & NA) 5:30-6:15pm Youth Jiu Jitsu (JF) 6-7pm Open Boxing (DM & NA) 6:15-7:45pm Adult Jiu Jitsu (JF)	13 2:30-5pm HMS Wrestling Practice 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	14 2:30-5pm HMS Wrestling Practice 6-7:30pm Beginner Jiu Jitsu (JF)	15 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
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23 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM) 5:30-6:30pm HVWC Practice	24 MERRY CHRISTMAS! NO CLASSES	25 MERRY CHRISTMAS! NO CLASSES	26 5:15-6pm Beginner Boxing (DM & NA) 5:30-6:15pm Youth Jiu Jitsu (JF) 6-7pm Open Boxing (DM & NA) 6:15-7:45pm Adult Jiu Jitsu (JF)	27 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	28 6-7:30pm Beginner Jiu Jitsu (JF)	29 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
30 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM)	31 HAPPY NEW YEAR! NO CLASSES				IWTC INSTRUCTORS (AM) – Albie McKinney (GC) = Garrett Carlson (IM) = Ian Maland (DM) = Danny Moe (JF) = Jon Froh	IWTC INSTRUCTORS (NA) = Nick Ammerman (NJ) = Nick Johnson (SE) = Shea Ealey