

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>HAPPY NEW YEAR! NO CLASSES TODAY</b>	2 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)	3 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	4 6-7:30pm Beginner Jiu Jitsu (JF)	5 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
6 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM) upstairs 5:30-6:30pm HVWC Practice	7 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)	8 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	9 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)	10 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	11 6-7:30pm Beginner Jiu Jitsu (JF)	12 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
13 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM) upstairs 5:30-6:30pm HVWC Practice	14 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)	15 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	16 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)	17 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	18 6-7:30pm Beginner Jiu Jitsu (JF)	19 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
20 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM) 5:30-6:30pm HVWC Practice	21 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)	22 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	23 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)	24 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	25 6-7:30pm Beginner Jiu Jitsu (JF)	26 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
27 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM)	28 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)	29 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	30 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)	31 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	<b>IWTC INSTRUCTORS</b> <b>(AM) – Albie McKinney</b> <b>(GC) = Garrett Carlson</b> <b>(IM) = Ian Maland</b> <b>(DM) = Danny Moe</b> <b>(JF) = Jon Froh</b>	