



February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5-6pm Open Wrestling 6-7:30pm Beginner Jiu Jitsu (JF)	2 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
3 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM) upstairs 5:30-6:30pm HVWC Practice	4 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)	5 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	6 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)	7 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	8 5-6pm Open Wrestling 6-7:30pm Beginner Jiu Jitsu (JF)	9 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
10 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM) upstairs 5:30-6:30pm HVWC Practice	11 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)	12 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	13 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)	14 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	15 5-6pm Open Wrestling 6-7:30pm Beginner Jiu Jitsu (JF)	16 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
17 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM) 5:30-6:30pm HVWC Practice	18 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)	19 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	20 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)	21 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	22 FIGHT NIGHT Nick Ammerman and Albie McKinney LFA Fights 5-6pm Open Wrestling 6-7:30pm Beginner Jiu Jitsu (JF)	23 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
24 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM) 5:30-6:30pm HVWC Practice	25 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)	26 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	27 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)	28 5:30-8pm HVWC Practice 8-9pm Muay Thai (SE)	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