



April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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)	2 5-6pm Freestyle/Greco Wrestling 6-7pm Fight Camp 7-8pm Muay Thai (SE)	3 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)	4 5-6pm Freestyle/Greco Wrestling 6-7pm Fight Camp 7-8pm Muay Thai (SE)	5 6-7:30pm Beginner Jiu Jitsu (JF)	6 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing 5-6:30pm Fight Camp
7 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM)	8 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)	9 5-6pm Freestyle/Greco Wrestling 6-7pm Fight Camp 7-8pm Muay Thai (SE)	10 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)	11 5-6pm Freestyle/Greco Wrestling 6-7pm Fight Camp 7-8pm Muay Thai (SE)	12 6-7:30pm Beginner Jiu Jitsu (JF)	13 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing 5-6:30pm Fight Camp
14 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM)	15 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)	16 5-6pm Freestyle/Greco Wrestling 6-7pm Fight Camp 7-8pm Muay Thai (SE)	17 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)	18 5-6pm Freestyle/Greco Wrestling 6-7pm Fight Camp 7-8pm Muay Thai (SE)	19 6-7:30pm Beginner Jiu Jitsu (JF)	20 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing 5-6:30pm Fight Camp
21 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM)	22 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)	23 5-6pm Freestyle/Greco Wrestling 6-7pm Fight Camp 7-8pm Muay Thai (SE)	24 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)	25 5-6pm Freestyle/Greco Wrestling 6-7pm Fight Camp 7-8pm Muay Thai (SE)	26 6-7:30pm Beginner Jiu Jitsu (JF)	27 FIGHT NIGHT 3 RIVER THROWDOWN AT OMNI CENTER 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
28 3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM)	29 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)	30 5-6pm Freestyle/Greco Wrestling 6-7pm Fight Camp 7-8pm 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