

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
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		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)	5-6pm Open Wrestling 6-7pm MMA Grappling 7-8pm Muay Thai (SE)	6-7:30pm Beginner Jiu Jitsu (JF)	9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing 5-6pm MMA Practice
5	6	7	8	9	10	11
3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM)	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)	5-6pm Open Wrestling 6-7pm Muay Thai (SE)	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)	5-6pm Open Wrestling 6-7pm MMA Grappling 7-8pm Muay Thai (SE)	6-7:30pm Beginner Jiu Jitsu (JF)	9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing 5-6pm MMA Practice
12	13	14	15	16	17	18
3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM)	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)	5-6pm Open Wrestling 6-7pm Muay Thai (SE)	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)	5-6pm Open Wrestling 6-7pm MMA Grappling 7-8pm Muay Thai (SE)	6-7:30pm Beginner Jiu Jitsu (JF)	9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing 5-6pm MMA Practice
19	20	21	22	23	24	25
3pm MMA Rolling 5-5:45pm Youth Kickboxing (GC/AM)	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)	5-6pm Open Wrestling 6-7pm Muay Thai (SE)	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)	5-6pm Open Wrestling 6-7pm MMA Grappling 7-8pm Muay Thai (SE)	6-7:30pm Beginner Jiu Jitsu (JF)	9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing 5-6pm MMA Practice
26	27	28	29	30	31	
HAPPY MEMORIAL DAY NO CLASSES	HAPPY MEMORIAL DAY NO CLASSES	5-6pm Open Wrestling 6-7pm Muay Thai (SE)	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)	5-6pm Open Wrestling 6-7pm MMA Grappling 7-8pm Muay Thai (SE)	6-7:30pm Beginner Jiu Jitsu (JF)	