

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing 5-6pm MMA Practice
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					
3pm MMA Rolling 2	3 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 5-6pm Open Wrestling 6-7pm Muay Thai (SE)	5 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 5-6pm Open Wrestling 5:15-6pm Youth Kickboxing (GC/AM) 6-7pm MMA Grappling 7-8pm Muay Thai (SE)	7 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 5-6pm MMA Practice
3pm MMA Rolling 9	10 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 5-6pm Open Wrestling 6-7pm 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 5-6pm Open Wrestling 5:15-6pm Youth Kickboxing (GC/AM) 6-7pm MMA Grappling 7-8pm Muay Thai (SE)	14 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 5-6pm MMA Practice
3pm MMA Rolling 16	17 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)	18 5-6pm Open Wrestling 6-7pm Muay Thai (SE)	19 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)	20 5-6pm Open Wrestling 5:15-6pm Youth Kickboxing (GC/AM) 6-7pm MMA Grappling 7-8pm Muay Thai (SE)	21 6-7:30pm Beginner Jiu Jitsu (JF)	22 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing 5-6pm MMA Practice
3pm MMA Rolling 23	24 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)	25 5-6pm Open Wrestling 6-7pm Muay Thai (SE)	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 5-6pm Open Wrestling 5:15-6pm Youth Kickboxing (GC/AM) 6-7pm MMA Grappling 7-8pm 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 5-6pm MMA Practice