

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