



# 4 ELEMENTS

## MIXED MARTIAL ARTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-9:00am	Bootcamp	BJJ No Gi	Bootcamp	BJJ No Gi		
9:00am-10:00am	Boxing	Muay Thai	Boxing	Muay Thai	Boxing	Youth BJJ
10:00am-11:00am	Self Defense		Self Defense			Competition Team (10am-12pm)
4:30pm-5:30pm	Youth Boxing	Youth BJJ	Youth Boxing	Youth BJJ	Youth Boxing	
5:30pm-6:30pm	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Wrestling (5:30pm-7pm)	
	BJJ Gi	BJJ No Gi	BJJ Gi	BJJ No Gi		
6:30pm-7:30pm	Boxing	Boxing	Boxing	Boxing		
	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
7:30pm-8:00pm			Sparring (Invitation Only)			

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