



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IWTC INSTRUCTORS (IM) = Ian Maland (JF) = Jon Froh (LM) = Lloyd "Albie" McKinney (O) = Nick J (NJ) = Nick Johnson (DM) Danny Moe	<p>1</p> 10am, 11am, 12pm Pursuit 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 7pm MMA Fighter Practice 7PM Open Wrestling (O)	<p>2</p> 5-5:45pm Muay Thai (LM, DM) 6-7pm MMA Fight Camp	<p>3</p> 10am, 11am, 12pm Pursuit 5:15-6pm Boxing (DM) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	<p>4</p> 5-5:45pm Muay Thai (LM) 6-7pm MMA Fight Camp	<p>5</p> 10am, 11am, 12pm Pursuit (LNJ) 6-7pm Beginner Jiu Jitsu (JF)	<p>6</p> 7-8am Athlete Advantage (O) 8-930am MMA Fight Camp 9:30-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu-NoGi (IM)
<p>7</p> 10-11am Open Roll	<p>8</p> 10am, 11am, 12pm Pursuit 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 7pm MMA Fighter Practice 7PM Open Wrestling (O)	<p>9</p> 5-5:45pm Muay Thai (LM, DM) 6-7pm MMA Fight Camp	<p>10</p> 10am, 11am, 12pm Pursuit 5:15-6pm Boxing (DM) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	<p>11</p> 5-5:45pm Muay Thai (LM) 6-7pm MMA Fight Camp	<p>12</p> 10am, 11am, 12pm Pursuit 3:30-4:30pm wrestling open mat 6-7pm Beginner Jiu Jitsu (JF)	<p>13</p> 7-8am Athlete Advantage (O) 8-930am MMA Fight Camp 9:30-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu - NoGi (IM)
<p>14</p> 10-11am Open Roll	<p>15</p> 10am, 11am, 12pm Pursuit 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 7pm MMA Fighter Practice 7PM Open Wrestling (O)	<p>16</p> 5-5:45pm Muay Thai (LM, DM) 6-7pm MMA Fight Camp	<p>17</p> 10am, 11am, 12pm Pursuit 5:15-6pm Boxing (DM) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	<p>18</p> 5-5:45pm Muay Thai (LM) 6-7pm MMA Fight Camp	<p>19</p> 10am, 11am, 12pm Pursuit 6-7pm Beginner Jiu Jitsu (JF)	<p>20</p> 7-8am Athlete Advantage (O) 8-930am MMA Fight Camp 9:30-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu - NoGi (IM)
<p>21</p> 10-11am Open Roll	<p>22</p> 10am, 11am, 12pm Pursuit 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 7pm MMA Fighter Practice 7PM Open Wrestling (O)	<p>23</p> 5-5:45pm Muay Thai (LM, DM) 6-7pm MMA Fight Camp	<p>24</p> 10am, 11am, 12pm Pursuit 5:15-6pm Boxing (DM) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	<p>25</p> 5-5:45pm Muay Thai (LM) 6-7pm MMA Fight Camp	<p>26</p> 10am, 11am, 12pm Pursuit 6-7pm Beginner Jiu Jitsu (JF)	<p>27</p> 7-8am Athlete Advantage (O) 8-930am MMA Fight Camp 9:30-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu - NoGi (IM)