

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<b>IWTC INSTRUCTORS</b> (IM) = Ian Maland (JF) = Jon Froh (LM) = Lloyd "Albie" McKinney (LNJ) = Lil Nick Johnson (NJ) = Nick Johnson (OB) = Olivia Beeskau (SE) = Shea Ealey			10am, 11am, 12pm Pursuit (LNJ) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 8pm Athlete Advantage (LNJ)	5:30-6:30pm Muay Thai (LM) 6:30pm MMA Fighter Practice	10am, 11am, 12pm Pursuit (LNJ) 6-7pm Beginner Jiu Jitsu (JF)	8-9am Pursuit Athlete Advantage (LNJ) 9:30-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu-NoGi (IM) 11am MMA fighter Practice
5	6	7	8	9	10	11
10-11am Open Roll	10am, 11am, 12pm Pursuit (LNJ) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 7pm MMA Fighter Practice	6-7pm Muay Thai (SE)	10am, 11am, 12pm Pursuit (LNJ) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 8pm Athlete Advantage (LNJ)	5:30-6:30pm Muay Thai (LM) 6:30pm MMA Fighter Practice	10am, 11am, 12pm Pursuit (LNJ) 6-7pm Beginner Jiu Jitsu (JF)	8-9am Pursuit Athlete Advantage (LNJ) 9:30-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu - NoGi (IM) 11am MMA fighter Practice
12	13	14	15	16	17	18
10-11am Open Roll	10am, 11am, 12pm Pursuit (LNJ) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 7pm MMA Fighter Practice	6-7pm Muay Thai (SE)	10am, 11am, 12pm Pursuit (LNJ) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 8pm Athlete Advantage (LNJ)	5:30-6:30pm Muay Thai (LM) 6:30pm MMA Fighter Practice	10am, 11am, 12pm Pursuit (LNJ) 6-7pm Beginner Jiu Jitsu (JF)	8-9am Pursuit Athlete Advantage (LNJ) 9:30-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu - NoGi (IM) 11am MMA fighter Practice
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10-11am Open Roll	10am, 11am, 12pm Pursuit (LNJ) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 7pm MMA Fighter Practice	6-7pm Muay Thai (SE)	10am, 11am, 12pm Pursuit (LNJ) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF) 8pm Athlete Advantage (LNJ)	5:30-6:30pm Muay Thai (LM) 6:30pm MMA Fighter Practice	10am, 11am, 12pm Pursuit (LNJ) 6-7pm Beginner Jiu Jitsu (JF)	8-9am Pursuit Athlete Advantage (LNJ) 9:30-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu - NoGi (IM) 11am MMA fighter Practice
26	27	28	29	30		
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