

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2-3pm MMA Technique 3pm MMA Practice	2 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)	3 5:30-7pm Youth Wrestling 7-8:30pm Muay Thai (SE)	4 5:15-6pm Beginner Boxing (NA) 5:30-6:15pm Youth Jiu Jitsu (JF) 6-7pm Open Boxing (NA) 6:15-7:45pm Adult Jiu Jitsu (JF)	5 5:30-7pm Youth Wrestling 5:15-6pm Youth Kickboxing (LL) 7-8:30pm Muay Thai (SE)	6 6-7:30pm Beginner Jiu Jitsu (JF)	7 8-8:45am Boot Camp (LNJ) 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
8 2-3pm MMA Technique 3pm MMA Practice	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 5:30-7pm Youth Wrestling 7-8:30pm Muay Thai (SE)	11 5:15-6pm Beginner Boxing (NA) 5:30-6:15pm Youth Jiu Jitsu (JF) 6-7pm Open Boxing (NA) 6:15-7:45pm Adult Jiu Jitsu (JF)	12 5:30-7pm Youth Wrestling 5:15-6pm Youth Kickboxing (LL) 7-8:30pm Muay Thai (SE)	13 6-7:30pm Beginner Jiu Jitsu (JF)	14 8-8:45am Boot Camp (LNJ) 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
15 2-3pm MMA Technique 3pm MMA Practice	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 5:30-7pm Youth Wrestling 7-8:30pm Muay Thai (SE)	18 5:15-6pm Beginner Boxing (NA) 5:30-6:15pm Youth Jiu Jitsu (JF) 6-7pm Open Boxing (NA) 6:15-7:45pm Adult Jiu Jitsu (JF)	19 5:30-7pm Youth Wrestling 5:15-6pm Youth Kickboxing (LL) 7-8:30pm Muay Thai (SE)	20 6-7:30pm Beginner Jiu Jitsu (JF)	21 8-8:45am Boot Camp (LNJ) 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
22 2-3pm MMA Technique 3pm MMA Practice	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 5:30-7pm Youth Wrestling 7-8:30pm Muay Thai (SE)	25 5:15-6pm Beginner Boxing (NA) 5:30-6:15pm Youth Jiu Jitsu (JF) 6-7pm Open Boxing (NA) 6:15-7:45pm Adult Jiu Jitsu (JF)	26 5:30-7pm Youth Wrestling 5:15-6pm Youth Kickboxing (LL) 7-8:30pm Muay Thai (SE)	27 6-7:30pm Beginner Jiu Jitsu (JF)	28 8-8:45am Boot Camp (LNJ) 9-10am Youth Jiu Jitsu (IM or JF) 10-11am Adult Jiu Jitsu (IM) 10-12noon Open Boxing
29 2-3pm MMA Technique 3pm MMA Practice	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)	31 5:30-7pm Youth Wrestling 7-8:30pm Muay Thai (SE)			IWTC INSTRUCTORS (AM) – Albie McKinney (IM) = Ian Maland (JF) = Jon Froh (LL) = Lucky-Ly	IWTC INSTRUCTORS (LNJ) = Lil Nick Johnson (NA) = Nick Ammerman (NJ) = Nick Johnson (SE) = Shea Ealey