

# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6-7pm Muay Thai (SE) 7-8pm MMA/Sparring	2 1-2:45pm Pursuit Youth Boot Camp 6:15-7pm Beginner Jiu Jitsu (JF)	3 8-8:45am Boot Camp (LNJ) 9-9:45am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu (IM)
<b>IWTC INSTRUCTORS</b> (IM) = Ian Maland (JF) = Jon Froh (LNJ) = Lil Nick Johnson (NJ) = Nick Johnson (SE) = Shea Ealey	<b>STAFFED HOURS</b> <b>Mon-Thurs 5-8pm</b> <b>Friday 6-8pm</b> <b>Saturday 9-11am</b>					
4	5 1-2:45pm Pursuit Youth Boot Camp 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	6 6-7pm Muay Thai (SE)	7 1-2:45pm Pursuit Youth Boot Camp 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	8 6-7pm Muay Thai (SE) 7-8pm MMA/Sparring	9 1-2:45pm Pursuit Youth Boot Camp 6:15-7pm Beginner Jiu Jitsu (JF)	10 8-8:45am Boot Camp (LNJ) 9-9:45am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu (IM)
11	12 1-2:45pm Pursuit Youth Boot Camp 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	13 6-7pm Muay Thai (SE)	14 1-2:45pm Pursuit Youth Boot Camp 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	15 6-7pm Muay Thai (SE) 7-8pm MMA/Sparring	16 1-2:45pm Pursuit Youth Boot Camp 6:15-7pm Beginner Jiu Jitsu (JF)	17 8-8:45am Boot Camp (LNJ) 9-9:45am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu (IM)
18	19 1-2:45pm Pursuit Youth Boot Camp 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	20 6-7pm Muay Thai (SE)	21 1-2:45pm Pursuit Youth Boot Camp 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	22 6-7pm Muay Thai (SE) 7-8pm MMA/Sparring	23 1-2:45pm Pursuit Youth Boot Camp 6:15-7pm Beginner Jiu Jitsu (JF)	24 8-8:45am Boot Camp (LNJ) 9-9:45am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu (IM)
25	26 1-2:45pm Pursuit Youth Boot Camp 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	27 6-7pm Muay Thai (SE)	28 1-2:45pm Pursuit Youth Boot Camp 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	29 6-7pm Muay Thai (SE) 7-8pm MMA/Sparring	30 1-2:45pm Pursuit Youth Boot Camp 6:15-7pm Beginner Jiu Jitsu (JF)	31 8-8:45am Boot Camp (LNJ) 9-9:45am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu (IM)