

September 2020

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