



# Adults Ultimate Program

	Monday					Tuesday					Wednesday					Thursday				Friday		
	Area 1	Area 2	Area 3	Area 4	Area 5	Area 1	Area 2	Area 3	Area 4	Area 5	Area 1	Area 2	Area 3	Area 4	Area 5	Area 1	Area 2	Area 3	Area 4	Area 1	Area 2	
6.00am	Sunrise boxing 6.00-7.00am										Sunrise boxing 6.00-7.00am									Sunrise boxing 6.00-7.00am		
10.00am						Women's Boxing 10.00-11.00am										Women's Boxing 10.00-11.00am						
5.00pm																						
5.30pm	Open Drilling 5.30-6.30pm	MT Pro Team 5.30-6.30pm				Open Drilling 5.30-6.30pm	MT Pro Team 5.30-6.30pm				Open Drilling 5.30-6.30pm	MT Pro Team 5.30-6.30pm				Open Drilling 5.30-6.30pm	MT Pro Team 5.30-6.30pm	Kids Wrestling 5.00-6.00pm			Open Drilling 5.30-6.00pm	
6.30pm	Women's KB 6.30-7.30pm	MT Inter 6.30-7.30pm	MMA Fund 6.30-7.30pm	BJJ Elite 6.30-7.30pm	BJJ Adv 6.30-7.30pm	MT Inter Sparring 6.30-7.30pm	MT Adv 6.30-7.30pm	Boxing 6.30-7.30pm	BJJ Fund 6.30-7.30pm	BJJ No Gi 6.30-7.30pm	Women's KB 6.30-7.30pm	MT INT 6.30-7.30pm	MMA Fund 6.30-7.30pm	BJJ Elite 6.30-7.30pm	BJJ Adv 6.30-7.30pm	MT Adv/Inter 6.30-7.30pm	Boxing 6.30-7.30pm	Wrestling 6.30-7.30pm	BJJ Fund 6.30-7.30pm	Striking 6-7pm		No Gi Open Mat 6-7pm
7.30pm	MT Fund 7.30-8.30pm		MMA Inter 7.30-8.30pm	BJJ Inter 7.30-8.30pm	BJJ Fund 7.30-8.30pm	MT Inter 7.30-8.30pm	MT Fund 7.30-8.30pm		Wrestling 7.30-8.30pm	BJJ Inter 7.30-8.30pm	MT Inter Sparring 7.30-8.30pm	MT Fund 7.30-8.30pm	MMA Inter 7.30-8.30pm	BJJ Inter 7.30-8.30pm	BJJ Fund 7.30-8.30pm	MT Fund 7.30-8.30pm	Stretch and Flow 7.30-8.30pm	BJJ Inter 7.30-8.30pm	BJJ Adv 7.30-8.30pm	Open Drilling 7.00-7.30pm		
8.30pm	Open Drilling																					
9.00pm	Gym Close																					

	Saturday				
	Area 1	Area 2	Area 3	Area 4	Area 5
9.00am	Boxing 9.00-10.00am	Women's KB 9.00-10.00am	MT Adv 9.00-10.00am		
10.00am	MT Fund 10.00-11.00am	MT Spar/Clinch 10.00-11.00am	BJJ Inter 10.00-11.00am	BJJ Adv 10.00-11.00am	Open Drilling 10.00-11.30am
11.00am	MT Inter 11.00-12.00pm	Stretch and Flow 11.30-12.30pm	BJJ Fund 11.00-12.00pm	BJJ Kids and Parents 11.00-12.00pm	MMA Sparring 11.30-12.30pm
11.30am					
12.00pm			Open Drilling 12.00-12.30pm	Open Drilling 12.00-12.30pm	
12.30pm	Gym Close				