



# 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
	Opening																				
12.00pm									BJJ Inter 12.00-1.00pm											BJJ Inter 12.00-1.00pm	
5.30pm		MT Pro Team 5.30-6.30pm					MT Pro Team 5.30-6.30pm								MT Pro Team 5.30-6.30pm					MT Pro Team 5.30-6.30pm	MT Inter Sparring 5.30-6.30pm
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 Fund 6.30-7.30pm	MT Adv 6.30-7.30pm	Boxing Inter 6.30-7.30pm	BJJ Fund 6.30-7.30pm		Women's KB 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 Inter 6.30-7.30pm	Wrestling 6.00-7.30pm		BJJ Fund 6.30-7.30pm	
7.30pm	MT Fund 7.30-8.30pm			BJJ Inter 7.30-8.30pm	BJJ Fund 7.30-8.30pm	MT Inter 7.30-8.30pm	Baseline Boxing 7.30-8.30pm		BJJ Inter No Gi 7.30-8.30pm	BJJ Adv No Gi 7.30-8.30pm	MT Inter Sparring 7.30-8.30pm		MT Fund 7.30-8.30pm	BJJ Inter 7.30-8.30pm	BJJ Fund 7.30-8.30pm	MT Fund 7.30-8.30pm	Baseline Boxing 7.30-8.30pm	BJJ Inter 7.30-8.30pm			BJJ Open Mats 6.00-7.00pm
8.30pm	Gym Close																				

	Saturday				
	Area 1	Area 2	Area 3	Area 4	Area 5
9.00am	Boxing Inter 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 Inter 10.00-11.00am	Baseline Boxing 10.00am - 11.00am	BJJ Adv 10.00-11.00am	MMA Sparring 10.00-11.00am
11.00am	MT Spar/Clinch 11.00-11.30am	BJJ Inter 11.15-12.15pm	BJJ Fund 11.15-12.15pm	BJJ Teens and Parents 11.15-12.15pm	Active Mobility 11.15-12.15pm
11.30am					
12.00pm					
12.30pm	Gym Close				