

# Gym Schedule

## Starting August 20, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	S&C Darius	S&C Darius	S&C Darius	S&C Darius	S&C Darius	
7:00						
8:00						
8:30						No Gi Gui
9:00	S&C Darius	S&C Darius	S&C Darius	S&C Darius	S&C Darius	
9:30	Level 1 Marcel	Level 2/3 Marcel	Level 1 Marcel			
10:00						Level 1 Richie KM Kids Marcel Pound Shelly
11:00	BJJ Gui		BJJ Gui		BJJ Gui	Level 2 Shelly Conditioning Marcel
12:00						Level 3 Marcel Yoga Sri
<b>*OPEN GYM - Workout of the Day</b>						
<b>Monday through Friday 3:00 pm - 7:00 pm</b>						
4:30	BJJ Kids 4-7 Gui		BJJ Kids 4-7 Gui		BJJ Kids 4-7 Gui	
5:00	Level 2 Richie		Level 2 Marcel			
5:15	BJJ Kids 8-11 Gui		BJJ Kids 8-11 Gui		BJJ Kids 8-11 Gui	
5:30	Pound Shelly		Pound Shelly			
6:00	Level 1 Richie	Level 2/3 Marcel	Level 1 Marcel	Level 2/3 Richie	Level 4 Richie	
	No Gi Gui	Flexibility Karolyn	No Gi Gui	Yoga Dana	No gi Gui	
7:00	Conditioning Richie	Level 1 Richie	Conditioning Marcel	Level 1 Shelly		
	BJJ Gui	BJJ Gui	BJJ Gui	BJJ Gui	BJJ Gui	
		Strength Marcel		Strength Marcel		

\*The gym area in the back will be available for all members to use. A workout will be written for the day. Instructors will be available for questions, but this will not be an instructor led class.

### Legend:

	Level 1 Krav Maga (1 hour)		Brazilian Jiu-Jitsu Kids 4-7 yrs old (45 minutes)
	Level 2 Krav Maga (1 hour)		Brazilian Jiu-Jitsu Kids 8-11 yrs old (45 minutes)
	Level 2/3 Krav Maga (1 hour)		Pound Fitness (30 minutes)
	Level 3 Krav Maga (1 hour)		Strength & Conditioning (1 hour)
	Level 4 Krav Maga (1 hour)		Conditioning (1 hour)
	Brazilian Jiu-Jitsu (1 hour)		Strength (1 hour)
	Brazilian Jiu-Jitsu no-gi (1 hour)		Flexibility (1 hour)
			Yoga (1 hour)