All Star MMA Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Kickboxing 5:30am- 6:30 am Blue Mat		Kickboxing 5:30am- 6:30 am Blue Mat			
6:00 AM	The KickAss Class 6:30am- 7:00am Blue Mat	BJJ Mixed 6:00am- 7:00am Red Mat	The KickAss Class 6:30am- 7:00am Blue Mat	BJJ Mixed 6:00am- 7:00am Red Mat		
9:00 AM						Muay Thai 9:00 am- 10:00am Red Mat
11:00 AM	BJJ Foundations 11:00am- 12:00pm Red Mat		BJJ Foundations 11:00am- 12:00pm Red Mat			BJJ Mastery No Gi 10:00am- 12:00am Red Mat
12:00 PM	BJJ Mastery 12:00pm- 1:00pm Red Mat	Kickboxing 12:00pm- 1:00pm Blue Mat	BJJ Mastery 12:00pm- 1:00pm Red Mat	Kickboxing 12:00pm- 1:00pm Blue Mat	BJJ Mastery 12:00pm- 1:00pm Red Mat	BJJ Foundations 12:30pm- 1:30pm Red Mat
1:00 PM		The KickAss Class 1:00pm- 1:30pm Blue Mat		The KickAss Class 1:00pm- 1:30pm Blue Mat		
4:00 PM	Kids Martial Arts 4:30pm- 5:30pm Red Mat	Kickboxing 4:00pm- 5:00pm Blue Mat	Kids Martial Arts 4:30pm- 5:30pm Red Mat	Kickboxing 4:00pm- 5:00pm Blue Mat	Kids Martial Arts 4:30pm- 5:30pm Red Mat	
5:00 PM	Kickboxing 5:00pm- 6:00 pm Blue Mat		Kickboxing 5:00pm- 6:00 pm Blue Mat		The KickAss Class 5:00pm- 5:30pm Blue Mat	
5:30 PM	BJJ Foundations 5:30pm- 6:30pm Blue Mat			BJJ Foundations 5:30pm- 6:30pm Blue Mat	SPARRING Kickboxing 5:30pm- 6:30pm	
6:00 PM	Kickboxing 6:00pm- 7:00pm Blue Mat	Kickboxing 6:00pm- 7:00pm Blue Mat	Kickboxing ADVANCED ONLY 6:00pm- 7:00pm	Kickboxing ADVANCED ONLY 6:00pm- 7:30pm		
		BJJ Mastery 6:00pm- 7:00pm Red Mat	BJJ Mastery 6:00pm- 7:00pm Red Mat	BJJ Mastery No Gi 6:30pm- 7:30pm Red Mat	BJJ Mastery 6:30pm- 7:30pm Red Mat	
7:00 PM	BJJ Mastery 7:00pm- 18:00pm Blue Mat	BJJ Foundation 7-8 / Kickboxing ADVANCE	Kickboxing 7:00pm- 8:00pm Blue Mat		BJJ Foundations 7:00pm- 8:00pm Blue Mat	
8:00 PM	Kickboxing 8:00pm- 9:00pm Blue Mat	Kickboxing 8:00pm- 9:00pm Blue Mat	BJJ Foundations 8:00pm- 9:00pm Blue Mat	Kickboxing 8:00pm- 9:00pm Blue Mat		