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	KickAss 6:30- 7:30 am Blue Mat	BJJ Mixed 6:00am- 7:00am Red Mat	KickAss 6:30- 7:30 am Blue Mat	BJJ Mixed 6:00am- 7:00am Red Mat		
9:00: AM						Muay Thai 9:00 - 10:00 am Red Mat
10:00: AM						BJJ Mastery No Gi 10:00am- 12:00am Red
11:00: AM	BJJ Foundations 11:00am-12:00pm Red Mat		BJJ Foundations 11:00am- 12:00pm Red Mat		BJJ Foundations 11:00am- 12:00pm Red Mat	KickAss 11:00 - 12:00 pm Blue 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 12:30 - 1:30pm Red Mat
4:00: PM						
4:30: PM	Kids Martial Arts 4:30pm- 5:30pm Red Mat		Kids Martial Arts 4:30pm- 5:30pm Red Mat		Kids Martial Arts 4:30pm- 5:30pm Red Mat	
5:00: PM	KickAss 5:00- 6:00 pm Blue Mat		KickAss 5:00-6:00 pm Blue Mat		KickAss 5:00- 6:00 pm Blue Mat	
5:30: PM	BJJ Foundations 5:30pm- 6:30pm Red Mat		INTRO TO BJJ 5:30-6:30 pm RedMat	BJJ Foundations 5:30pm- 6:30pm Red Mat		
6:00: PM	Kickboxing 6:00pm- 7:00pm Blue Mat	Kickboxing 6:00pm- 7:00pm Blue Mat	Kickboxing 6:00pm- 7:00 pm Blue Mat	Kickboxing 6:00pm- 7:00pm Blue Mat		
		BJJ Mastery 6:00pm- 7:00pm Red Mat	BJJ Mixed 6:00pm- 7:00pm Red Mat		Kickboxing 6:30pm- 7:30pm Blue Mat	
6:30: PM	Youth Wrestling 6:30pm- 8:00pm Red Mat		Youth Wrestling 7:00pm- 9:00pm Red Mat	BJJ Mastery No Gi 6:30pm- 7:30pm Red Mat	BJJ Mixed No Gi 6:30pm- 7:30pm Red Mat	
7:00: PM	BJJ Mastery 7:00pm- 8:00pm Blue Mat	Kickboxing 7:00pm- 8:00pm Blue Mat	Kickboxing ADVANCE 7:00pm- 8:00pm Blue Mat			
7:30: PM		BJJ Foundations 7:00pm- 8:00pm Red Mat		Kickboxing ADVANCE 7:00pm- 8:00pm Blue Mat		
8:00: PM	Kickboxing 8:00pm- 9:00pm Blue Mat	Kickboxing ADVANCED 8:00pm- 9:00pm Blue Mat	BJJ Foundations 8:00pm- 9:00pm Blue Mat	SPARRING Kickboxing ADVANCED 8:00pm-8:30pm		