

# TNT MMA TRAINING CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(11:00 - Noon)	(11:00 - Noon)	(11:00 - Noon)	(11:00 - Noon)		(9:00 - 10:00 am)
BJJ (All Levels)	BJJ (All Levels)	BJJ (All Levels)	BJJ (All Levels)		Wrestling
(10:00 - 4:00 )	(10:00 - 4:00 )	(10:00 - 4:00 )	(10:00 - 4:00 )	(12:00 - 1:30 pm)	(10:00 - 11:00 am)
Private Training	Private Training	Private Training	Private Training	<b>OPEN MAT</b> (Guests welcome)	Teen & Adult BJJ
					(11:00 - Noon) Competition Team
(4:30 - 5:30)	( 4:30 - 5:30 )	( 4:30 - 5:30)	( 4:30 - 5:30)	( 4:30 - 5:30)	
Youth MMA	Youth BJJ	Teen & Adult Beginner BJJ	Youth BJJ	Teen & Adult Beginner BJJ	
Power Tone	Power Tone		Power Tone		
(5:30 - 6:30)	(5:30 - 7:00)	(5:30 - 6:30)	(5:30 - 6:30)	(5:30 - 6:30)	
Muay Thai	Adult BJJ (All Levels)	Technical Review	Muay Thai	Muay Thai	
			Adult/Teen Gi BJJ	Adult/Teen Gi BJJ	
(6:30 - 8:00)	(7:00 - 8:00)	(6:30 - 8:00)	(6:30 - 8:00)		
Adult BJJ (All Levels)	Muay Thai	Competition Team	Adult BJJ (All Levels)		
	Adult/Teen Gi BJJ				
Private Training	Private Training	Private Training	Private Training		

