

# TNT MMA TRAINING CENTER

| Monday                             | Tuesday                            | Wednesday                    | Thursday                           | Friday                       | Saturday  |
|------------------------------------|------------------------------------|------------------------------|------------------------------------|------------------------------|---|
| (11:00 - Noon)                     | (11:00 - Noon)                     | (11:00 - Noon)               | (11:00 - Noon)                     |                              |   |
| BJJ<br>(All Levels)                | BJJ<br>(All Levels)                | BJJ<br>(All Levels)          | BJJ<br>(All Levels)                |                              |   |
|                                    |                                    |                              |                                    |                              | (10:00 - 11:00 am)  |
|                                    |                                    |                              |                                    |                              | Teen & Adult<br>BJJ   |
| (4:00 - 4:45)                      | (4:00 - 4:45)                      |                              | (4:00 - 4:45)                      |                              |   |
| Youth MMA<br>(White/Gray)          | Youth BJJ<br>(White/Gray)          | Private Training             | Youth BJJ<br>(White/Gray)          | Private Training             | (11:00 - Noon)  |
| (4:45 - 5:30)                      | (4:45 - 5:30)                      |                              | (4:45 - 5:30)                      | (4:30 - 5:30)                | <b>OPEN MAT</b><br>(TNT Members)  |
| Youth MMA<br>(Yellow/Orange/Green) | Youth BJJ<br>(Yellow/Orange/Green) |                              | Youth BJJ<br>(Yellow/Orange/Green) | Teen & Adult<br>Beginner BJJ |   |
| (4:30 - 5:30)                      | (4:30 - 5:30)                      |                              | (4:30 - 5:30)                      |                              |   |
| Power Tone                         | Power Tone                         |                              | Power Tone                         |                              |   |
| (5:30 - 7:00)                      | (5:30 - 7:00)                      | (5:30 - 6:30)                | (5:30 - 6:30)                      | (5:30 - 6:30)                |   |
| Adult BJJ<br>(All Levels)          | Adult BJJ<br>(All Levels)          | Teen & Adult<br>Beginner BJJ | Muay Thai                          | Muay Thai                    |  |
|                                    |                                    |                              |                                    |                              |   |
| (7:00 - 8:15)                      | (7:00 - 8:15)                      | (6:30 - 8:00)                | (6:30 - 8:00)                      | CLOSED                       |   |
| Muay Thai                          | Muay Thai                          | Competition<br>Team          | Adult BJJ<br>(All Levels)          |                              |   |
|                                    |                                    |                              |                                    |                              |  |
| Private Training                   | Private Training                   | Private Training             | Private Training                   |                              |   |