

All Star MMA Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Kickboxing 5:30a-6:30a Blue Mat		Kickboxing 5:30a-6:30a Blue Mat				
10:00am						BJJ Mastery NO GI 10am-12p Main Mat	
11:00am	BJJ Foundations 11a-12p Main Mat		BJJ Foundations 11a-12p Main Mat				
12:00pm	BJJ Mastery 12p-1p Main Mat	Kickboxing 12p-1p Blue Mat	BJJ Mastery 12p-1p Main Mat	Kickboxing 12p-1p Blue Mat	BJJ Mastery 12p-1p Main Mat		
12:30pm						BJJ Foundations 12:30p-1:30p Main Mat	
5:00pm	Kickboxing 5p-6p Blue Mat		Kickboxing 5p-6p Blue Mat				
5:15pm	Kids Martial Arts Ages 4-7 5:15p-5:45p Main Mat		Kids Martial Arts Ages 4-7 5:15p-5:45p Main Mat		Kids Martial Arts Ages 4-7 5:15p-5:45p Main Mat		
5:30pm		BJJ Foundations 5:30p-6:30p Main Mat		BJJ Foundations 5:30p-6:30p Main Mat	Kickboxing 5:30p-6:30p Blue Mat		
5:45pm	Kids Martial Arts Ages 6-12 5:45p-6:30p Main Mat		Kids Martial Arts Ages 6-12 5:45p-6:30p Main Mat		Kids Martial Arts Ages 6-12 5:45p-6:30p Main Mat		
6:00pm	Kickboxing 6p-7p Blue Mat	Kickboxing 6p-7p Blue Mat	Kickboxing ADVANCED ONLY 6p-7p Blue Mat	BJJ Mastery 6p-7p Main Mat			
			BJJ Mastery 6p-7p Main Mat				
6:30pm				Kickboxing 6:30p-7:30p Blue Mat	BJJ Mastery NO GI 6:30p-8p Main Mat		
7:00pm	BJJ Foundations 7p-8p Blue Mat	BJJ Mastery 7p-8p Main Mat	Kickboxing 7p-8p Blue Mat	BJJ Mastery NO GI 7p-8p Main Mat	BJJ Foundations 7p-8p Blue Mat		
7:30pm		Kickboxing ADVANCED ONLY 7:30p-8:30p Red Mat		Kickboxing ADVANCED ONLY 7:30p-8:30p Blue Mat			
8:00pm	BJJ Mastery 8p-9p Main Mat		BJJ Foundations 8p-9p Blue Mat				
8:30pm				Sparring - ADVANCED ONLY 8:30p-9:30p Red Mat			