



CLASS SCHEDULE (ABU HAMOUR)

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
09:00 AM - 10:00 AM							OFF
10:00 AM - 11:00 AM							
11:00 AM - 12:00 PM			BJJ (11:00 AM - 12:00 PM)		BJJ (11:00 AM - 12:00 PM)		
12:00 PM - 01:00 PM							
01:00 PM - 02:00 PM							
02:00 PM - 03:00 PM							
03:00 PM - 04:00 PM							
04:00 PM - 05:00 PM		Taekwondo (4:00 PM - 5:00 PM)		Taekwondo (4:00 PM - 5:00 PM)			
05:00 PM - 06:00 PM		BJJ Boys (5:00 PM - 6:00 PM)	BJJ Boys (5:00 PM - 6:00 PM)	BJJ Boys (5:00 PM - 6:00 PM)	BJJ Boys (5:00 PM - 6:00 PM)		
06:00 PM - 07:00 PM	Muay Thai (6:00 - 7:00 PM)		Muay Thai (6:00 - 7:00 PM)		Muay Thai (6:00 - 7:00 PM)		
07:00 PM - 08:00 PM	BJJ No-Gi (7:00 PM - 8:00 PM)	BJJ (7:00 PM - 8:00 PM)	BJJ (7:00 PM - 8:00 PM)	BJJ No-Gi (7:00 PM - 8:00 PM)	BJJ (7:00 PM - 8:00 PM)	BJJ No-Gi (7:00 PM - 8:00 PM)	
08:00 PM - 09:00 PM							

MMA Cage	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		MMA (7:00 PM - 8:00 PM)		MMA (7:00 PM - 8:00 PM)		MMA (7:00 PM - 8:00 PM)	OFF

GYM Area	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			Capoeira Kids (5:30 PM - 6:30 PM)		Capoeira Kids (5:30 PM - 6:30 PM)		OFF
			Capoeira Adults (7:00 PM - 8:00 PM)		Capoeira Adults (7:00 PM - 8:00 PM)		

Ladies Area	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		BJJ Girls (5:00 - 6:00 PM)			BJJ Girls (5:00 - 6:00 PM)		OFF
		BJJ Ladies (6:00 - 7:00 PM)			BJJ Ladies (6:00 - 7:00 PM)		