

**Tribull MMA /
Team Fast
Class Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Circuit Training Bootcamp	Suspension Training	Circuit Training Bootcamp	Suspension Training	Circuit Training Bootcamp	
6:30am	Circuit Training Bootcamp	Suspension Training	Circuit Training Bootcamp	Suspension Training	Circuit Training Bootcamp	
7:00am	Circuit Training Bootcamp	Suspension Training	Circuit Training Bootcamp	Suspension Training	Circuit Training Bootcamp	
9:00am	Circuit Training Bootcamp	Suspension Training	Circuit Training Bootcamp	Suspension Training	Circuit Training Bootcamp	Outdoor Bootcamp
10:00am	MMA Class	MMA Class	MMA Class	MMA Class	MMA Class	MMA Class
11:00am						All Kajukenbo
1:00pm						V.O.S.J. MMA
3:00-4:00		Instructor Training		Instructor Training		
4:45-5:30	Jr. Tribull Jiu-jitsu	Jr. MMA Class	Jr. Tribull Jiu-jitsu	Jr. MMA Class		
5:00-6:30					MMA Fight Team	
5:30-6:30	MMA Class		MMA Class			
5:30-7:00		Tribull Jiu-Jitsu		Tribull Jiu-Jitsu		
6:00-7:00	Wrestling / Outdoor Bootcamp	Outdoor Bootcamp	Wrestling / Outdoor Bootcamp	Outdoor Bootcamp		
6:30-7:15	Jr. Kajukenbo		Jr. Kajukenbo			
7:00-7:45		Kickboxing		Kickboxing		
7:00-8:30	Tribull Jiu-Jitsu		Tribull Jiu-Jitsu			
7:15-8:15	Kajukenbo		Kajukenbo			
7:45-8:30		Suspension Training / Level 2 Kickboxing		Suspension Training / Level 2 Kickboxing		
8:15-9:00	Kickboxing		Kickboxing			

