	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Time	**Iron Temple**	**Dojo**	**Iron Temple**	**Dojo**	**Iron Temple**	**Dojo**	**Iron Temple**	**Dojo**	**Iron Temple**	**Dojo**	**Iron Temple**	**Dojo**
07:00:00												
07:15:00	Strength (0700)		Strength (0700)		Strength (0700)		Strength (0700)		Strength (0700)			
07:30:00												
07:45:00						Yoga (0730)				Yoga (0730)		
08:00:00	Strength (0745)		Strength (0745)		Strength (0745)		Strength (0745)		Strength (0745)			
08:15:00												
08:30:00												
08:45:00												
09:00:00												
09:15:00												
09:30:00												
09:45:00												
10:00:00												
10:15:00											Strength** (1000)	
10:30:00												
10:45:00												
11:00:00											Strength** (1045)	Met-Con (1045)
11:15:00												
11:30:00												
11:45:00											Strength** | Met-Con (1130)	
12:00:00												Yoga (1145)
12:15:00	Strength (1200)		Strength (1200)		Strength (1200)	Met-Con (1200)	Strength (1200)		Strength (1200)			
12:30:00		Yoga (1215)									Strength** (1215)	
12:45:00												
13:00:00	Strength (1245)		Strength (1245)		Strength (1245)	Met-Con (1245)	Strength (1245)		Strength (1245)			
13:15:00												Muay Thai (1300)
13:30:00												
13:45:00												
14:00:00												
14:15:00												BJJ (1400)
14:30:00												
14:45:00												
15:00:00												
15:15:00			Strength (1500)				Strength (1500)					
15:30:00												
15:45:00												
16:00:00			Strength (1545)				Strength (1545)					
16:15:00												
16:30:00												
16:45:00												
17:00:00												
17:15:00												
17:30:00												
17:45:00												
18:00:00						Yoga (1745)						
18:15:00	Strength** (1800)		Strength** (1800)		Strength** (1800)		Strength** (1800)		Strength** (1800)			
18:30:00												
18:45:00		Muay Thai (1830)		Yoga (1830)				Muay Thai (1830)		Yoga (1830)		
19:00:00	Strength** (1845)		Strength** | Met-Con (1845)		Strength** (1845)	Boxing (1845)	Strength** | Met-Con (1845)		Strength** (1845)			
19:15:00												
19:30:00												
19:45:00	Strength** | Met-Con (1930)	BJJ (1930)	Strength** | Met-Con (1930)	Yoga (1930)	Strength** | Met-Con (1930)		Strength** | Met-Con (1930)	Yoga (1930)	Strength** | Met-Con (1930)	BJJ (1930)		
20:00:00												
20:15:00						BJJ (1945)						
20:30:00												
20:45:00												
21:00:00												
21:15:00												
21:30:00												
21:45:00												
22:00:00												
22:15:00												
22:30:00												