



<b>TRAINING SCHEDULE</b>							
<b>Monday</b>	10:00Am Fundamentals			6:00Pm Fundamentals	7:00Pm Advance GI	8:30Pm Kickboxing	
<b>Tuesday</b>			5:00Pm Junior Champion	6:00Pm Fundamentals	7:00Pm Advance No Gi	8:30Pm Fundamentals	
<b>Wednesday</b>	10:00Am Fundamentals			6:00Pm Fundamentals	7:00Pm Advance GI	8:30Pm Kickboxing	
<b>Thursday</b>			5:00Pm Junior Champion	6:00Pm Fundamentals	7:00Pm Advance No Gi	8:30Pm Fundamentals	
<b>Friday</b>	10:00Am Fundamentals		5:00Pm Junior Champion	6:00Pm BBC Gi	7:00Pm M.M.A		
<b>Saturday</b>		2:00Pm BBC No Gi					
<b>Sunday</b>							

Ft. Lauderdale Fl