

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Fundamentals BJJ Gi 6:00Am Kevin Albertini		Fundamentals BJJ Gi 6:00Am Kevin Albertini			
Woman Only Bootcamp 7:30Am Kevin/Daniela @Underground		Woman Only Bootcamp 7:00Am Kevin/Daniela @Underground				
					Mixed Levels BJJ No Gi 8:00Am Kevin Albertini	
Fundamentals BJJ Gi 9:30Am Jay Moncaio	Kickboxing 10:00Am Larry Borden	Fundamentals BJJ Gi 9:30Am Jay Moncaio	Kickboxing 10:00Am Larry Borden	Fundamentals BJJ Gi 9:30Am Jay Moncaio		
		Woman Only Bootcamp 11:00Am Camila Silva @BJJC		Woman Only Bootcamp 11:00Am Camila Silva @BJJC	Woman Only Bootcamp 9:00Am @Ft.Lauderdale Beach	
					Kickboxing 11:30Am Larry Borden	
						Fundamentals BJJ Gi 12:00Pm G.Panagiotakos
Pro Training BJJ/MMA 1:00Pm P.Popovitch	Pro Training BJJ/MMA 1:00Pm P.Popovitch	Pro Training BJJ/MMA 1:00Pm P.Popovitch	Pro Training BJJ/MMA 1:00Pm P.Popovitch		Fundamentals BJJ Gi 1:00Pm Jay Moncaio	
					Mixed Levels Open Mat BJJ No Gi 2:00Pm	
	Junior Champions 5:00Pm Jay Moncaio		Junior Champions 5:00Pm Jay Moncaio	Junior Champions 5:00Pm Jay Moncaio		
Fundamentals BJJ Gi 5:30 Pm Jay Moncaio	Woman Only Bootcamp 6:00Pm Kevin/Daniela @ Underground	Fundamentals BJJ Gi 5:30 Pm Jay Moncaio	Woman Only Bootcamp 6:00Pm Kevin/Daniela @ Underground	Mixed Levels Open Mat BJJ Gi 6:00Pm		
Kickboxing 6:30Pm Larry Borden	Fundamentals BJJ Gi 6:00Pm Jay Moncaio	Kickboxing 6:30Pm Larry Borden	Fundamentals BJJ Gi 6:00Pm Jay Moncaio			
Advanced BJJ Gi 7:30Pm P. Popovitch	Advanced BJJ No Gi 7:00Pm P. Popovitch	Advanced BJJ Gi 7:30Pm P. Popovitch	Wrestling Takedowns 7:00Pm James Brasco	Kickboxing 7:00Pm Larry Borden		
Fundamentals BJJ Gi 9:00Pm Jay Moncaio	Kickboxing 8:30Pm Larry Borden	Fundamentals BJJ Gi 9:00Pm Jay Moncaio	Kickboxing 8:30Pm Larry Borden			

Woman Only Bootcamp Locations-

Underground Fitness Center- 4553 Ne 6th Avenue/