



# Millersville

Adult BJJ & Wrestling

Yoga

Kids BJJ & Kickboxing

Boxing & Kickboxing

Fight Fit & ABC's

\*ABC's (Abs, Booty, Core)

*\*Class is ONLINE only (zoom/facebook)*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-11am Wall Yin w/Puteks	5-6am FF w/Kelly	5-6am FF w/Nate	5-6am FF w/Drew	5-6am FF w/Nate	5-6am FF w/Drew	8-9am FF w/Kelly or Puteks
1-3pm Open Mat	6:30-7:30am FF w/Kelly	6-7am All-levels BJJ w/Nate	9:30-10:30am FF w/Nate	6-7am All-levels BJJ w/Nate	6:30-7:30am FF w/Kelly	9-10am Vinyin Yoga w/Puteks
2-3pm Boxing w/Wayde	9:30-10:30am FF w/Nate	6:30-7:30am FF w/Kelly	10:45-11:30am KB w/Nate	6:30-7:30am FF w/Kelly	9:30-10:30am FF w/Nate	9-10am BJJ 101 w/Matt
	10:45-11:30am Muay Thai/KB w/Nate	7-7:45am Muay Thai/KB w/Nate	12-1pm All-levels BJJ w/Michael	7-7:45am Muay Thai/KB w/Nate	12-1pm All-levels No-Gi w/Michael	9-10am Kids No-Gi BJJ - all levels w/Michael
	12-1pm All-levels BJJ w/Michael	9:30-10:30am FF w/Kelly	*1-1:30pm ABC's w/Ana	9:30-10:30am FF w/Kelly	*1-1:30pm ABC's w/Ana	10-11am All-levels BJJ w/Matt
	*1-1:30pm ABC's w/Ana	5-6pm Fight Fit w/Rob	5-6pm FF w/Puteks	5-6pm FF w/Pat	5-6pm Boxing w/Wayde	
	3:45-4:45pm Comp Team w/VJ	5-5:30pm Kids KB 4yrs+ w/Gordy	5:30-6:10pm 4-7yr. Gi BJJ Fundamentals w/Rich	5-5:30pm Kids KB 4yrs+ w/Gordy		
	5-6pm Fight Fit w/Wayde	5:30-6:10pm Kids 4-7yr. Gi BJJ w/Michael	6-7pm Muay Thai/KB w/Pat	5:30-6:10pm Kids 4-7yr. Gi BJJ w/Michael		
	5:30-6:10pm Kids 4-7yr. Gi BJJ Fundamentals w/Rich	6-7pm Vinyasa w/Rebekah	6-7pm Yin Yoga w/Puteks	6-7pm Muay Thai/KB w/Pat		
	6-7pm Boxing w/Wayde	6-7pm Muay Thai/KB w/Gordy	6:10-7pm Kids 7yrs+ Gi BJJ Fundamentals w/Rich	6-7pm Yoga Sculpt w/Rebekah		
	6-7pm Vinyin Yoga w/Brendan	6:10-7pm Kids 7yrs+ Gi BJJ w/Michael	7-8pm All-levels No-Gi BJJ w/Matt	6:10-7pm Kids 7yrs+ Gi BJJ w/Michael		
	6:10-7pm Kids 7yrs+ Gi BJJ Fundamentals w/Rich	7-8pm All-levels BJJ w/Matt	7-8pm Krav Maga w/Shannon	7-8pm All-levels BJJ w/Lance		
	7-8pm All-levels BJJ w/VJ	7-8pm Fundamentals BJJ w/Genaro		7-8pm Fundamentals BJJ w/Genaro		
	7-8pm Krav Maga w/Shannon					