



**Rancho Santa Margarita Gym**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am		NOGI JIU-JITSU INT/ADV	OPEN MAT	NOGI JIU-JITSU INT/ADV	OPEN MAT	NOGI JIU-JITSU SPARRING MMA CONDITIONING
11:00am		MUAY THAI TECHNIQUE		MUAY THAI TECHNIQUE		MUAY THAI SPARRING
12:00pm						
1:00pm						
2:00pm						
3:00pm						
4:00pm	PROFESSIONAL MMA CONDITIONING		PROFESSIONAL MMA SPARRING			
5:00pm		KIDS MMA MMA CONDITIONING		KIDS MMA MMA CONDITIONING		
6:00pm	MUAY THAI TECHNIQUE	MUAY THAI TECHNIQUE NOGI JIU-JITSU BASICS	MUAY THAI TECHNIQUE	MUAY THAI TECHNIQUE NOGI JIU-JITSU BASICS		
7:00pm	MUAY THAI CONDITIONING NOGI JIU-JITSU INT/ADV	MUAY THAI CONDITIONING MMA WRESTLING	MUAY THAI CONDITIONING NOGI JIU-JITSU INT/ADV	MUAY THAI CONDITIONING MMA WRESTLING		

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