



TAPOUT R&D TRAINING CENTER - CLASS SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	Open Gym All Day	Open Gym All Day	Open Gym All Day	Open Gym All Day	Open Gym All Day		
8:00 am to 9:00 am							
9:00 am to 10:00 am							
10:00 am to 11:30	No-Gi Jiu-Jitsu <i>Vinny - Zone 5</i>		No-Gi Jiu-Jitsu <i>Vinny - Zone 5</i>		No-Gi Jiu-Jitsu <i>Vinny - Zone 5</i>	Boxing Ramon - Zone 1	
10:30am to 12pm					Pro Team Training <i>Shawn - Zone 7</i>	Jiu-Jitsu <i>Rod - Zone 5</i>	
11:00 am to 12 noon	MMA Boran <i>Lesmi - Zone 1</i>	MMA Boran <i>Lesmi - Zone 1</i>	MMA Boran <i>Lesmi - Zone 1</i>	MMA Boran <i>Lesmi - Zone 1</i>	MMA Boran <i>Lesmi - Zone 1</i>	Muay Thai <i>Mark - Zone 3</i>	
12 noon to 1:00 pm	Muay Thai <i>Mark - Zone 3</i>	Boxing <i>Ramon - Zone 1</i>	Muay Thai <i>Mark - Zone 3</i>	Boxing <i>Ramon - Zone 1</i>	Muay Thai <i>Mark - Zone 3</i>	MMA Zone-7 Vinny	
1:PM to 2:pm	Submissions <i>Shandon Zone -3</i>		Submissions <i>Shandon Zone -3</i>		Submissions <i>Shandon Zone -3</i>		
3:30pm to 4:30	Brazilian Jiu-jitsu Gi <i>Vinny - Zone 5</i>		Brazilian Jiu-jitsu Gi <i>Vinny - Zone 5</i>		Brazilian Jiu-jitsu Gi <i>Vinny - Zone 5</i>		
5:30 to 6:30	Muay Thai <i>Kong - Zone 3</i>	Judo Kenny - Zone 3	Muay Thai <i>Kong - Zone 3</i>	Judo Kenny - Zone 2	Muay Thai <i>Kong - Zone 3</i>		
	Wrestling Eric - Zone 8		Wrestling Eric - Zone 8		Wrestling Eric - Zone 8		
6:30 to 7:30	Boxing Ramon - Zone 1	Boxing Kenny - Zone 4	Boxing Ramon - Zone 1	Boxing Kenny - Zone 4	Boxing Ramon - Zone 1		
	Muay Thai <i>Mark - Zone 3</i>	Muay Thai <i>Mark - Zone 3</i>	Muay Thai <i>Mark - Zone 3</i>	Muay Thai <i>Mark - Zone 3</i>	Muay Thai <i>Mark - Zone 3</i>		
	MMA Boran <i>Lesmi - Zone 4</i>	MMA Boran <i>Lesmi - Zone 4</i>	MMA Boran <i>Lesmi - Zone 4</i>	MMA Boran <i>Lesmi - Zone 4</i>	MMA Boran <i>Lesmi - Zone 4</i>		
7:00 pm to 8:30 pm	Pro Team Training <i>Shawn - Zone 7</i>	Pro Team Training <i>Shawn - Zone 7</i>	Pro Team Training <i>Shawn - Zone 7</i>	Pro Team Training <i>Shawn - Zone 7</i>			
7:30 to 8:30	Gi Jiu-Jitsu <i>Rod - Zone 5</i>	No-Gi Jiu-Jitsu <i>Rod - Zone 5</i>	Gi Jiu-Jitsu <i>Rod - Zone 5</i>	No-Gi Jiu-Jitsu <i>Rod - Zone 5</i>	Gi Jiu-Jitsu <i>Rod - Zone 5</i>		
7:30pm to 9pm	MMA Zone-2 Vinny	MMA Zone-2-Vinny	MMA Zone-2-Vinny	MMA Zone-2 Vinny			

HOURS OF OPERATION

Monday - Friday: 7:00 am to 9:00 pm
 Saturday: 10:00 am to 3:00 pm
 Sunday: 10:00 am to 2:00 pm

TapouT Research & Development Training Center

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