

ASCEND TIMETABLE

Mon	Tue	Wed	Thur	Fri	Sat
MUAY THAI 5:30 AM		MUAY THAI 5:30 AM		MUAY THAI 5:30 AM	LADIES MUAY THAI 9:00 AM
MUAY THAI 6:30 AM		MUAY THAI 6:30 AM		MUAY THAI 6:30 AM	MUAY THAI 10:00 AM
		KIDS JUDO 3:30 PM	KIDS JUDO 3:30 PM	KIDS BJJ 3:30 PM	OPEN MAT 11:00 AM
KIDS JUDO 4:45 PM	KIDS JUDO 4:45 PM		KIDS MUAY THAI 4:45 PM		
JUDO 5:30 PM	MUAY THAI 5:30 PM	LADIES MUAY THAI 5:30 PM	MUAY THAI 5:30 PM	COMP CLASS 5:30 PM	
LADIES HIIT 5:30 PM					
MUAY THAI 6:30 PM	SPARRING 6:30 PM	NO GI BJJ 6:30 PM	JUDO 6:30 PM		
SPARRING 7:30 PM	MUAY THAI ROUNDS 7:00 PM	ROLLING 7:30 PM	SPARRING 7:30 PM		