

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	No Classes	Sparring Boxing	Kicking Brazilian Jiu-Jitsu TakeDowns/Sweeps Conditioning	Forms Sparring	Self Defense Kicking	Boxing Forms	Brazilian Jiu-Jitsu TakeDowns/Sweeps Conditioning Self Defense
Week 2	No Classes	Brazilian Jiu-Jitsu TakeDowns/Sweeps Conditioning Self Defense	Sparring Boxing	Kicking Brazilian Jiu-Jitsu TakeDowns/Sweeps Conditioning	Forms Sparring	Self Defense Kicking	Boxing Forms
Week 3	No Classes	Boxing Forms	Brazilian Jiu-Jitsu TakeDowns/Sweeps Conditioning Self Defense	Sparring Boxing	Kicking Brazilian Jiu-Jitsu TakeDowns/Sweeps Conditioning	Forms Sparring	Self Defense Kicking
week 4	No Classes	Self Defense Kicking	Boxing Forms	Brazilian Jiu-Jitsu TakeDowns/Sweeps Conditioning Self Defense	Sparring Boxing	Kicking Brazilian Jiu-Jitsu TakeDowns/Sweeps Conditioning	Forms Sparring
week 5	No Classes	Forms Sparring	Self Defense Kicking	Boxing Forms	Brazilian Jiu-Jitsu TakeDowns/Sweeps Conditioning Self Defense	Sparring Boxing	Kicking Brazilian Jiu-Jitsu TakeDowns/Sweeps Conditioning