



PHILLY'S NEXT CHAMP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30 AM	<u>FITNESS BOOTCAMP</u>		<u>FITNES BOOTCAMP</u>		<u>FITNESS BOOTCAMP</u>	
5:30-6:30 PM	<u>Gi BJJ</u> Pat S.			5:00-6:00 PM <u>USA NOVICE BOXING</u> Mike C.	<u>Gi BJJ</u> Pat S.	<u>USA NOVICE BOXING</u> 8:00AM Mike C.
6:00-7:00 PM	<u>KIDS MMA</u> (5-9 yrs) Mike W.	<u>MUAY THAI</u> Alex	<u>KIDS MMA</u> (5-9 yrs) Mike W. <u>MUAY THAI</u> Alex	<u>MUAY THAI</u> Alex	<u>KIDS MMA</u> (5-9 yrs) Gary	<u>YOUTH BOXING</u> (7-14yrs) 10AM- 11AM Natalie
7:00-8:00 PM	<u>ADULT BOXING</u> Mike C. <u>YOUTH BOXING</u> (7-14yrs) Natalie <u>FITNESS BOOTCAMP</u>	<u>Gi BJJ</u> Gary <u>FITNESS BOOTCAMP</u>	<u>ADULT BOXING</u> Mike C. <u>YOUTH BOXING</u> (7-14yrs) Natalie <u>FITNESS BOOTCAMP</u>	<u>BJJ OPEN MAT</u> 5:00-7:00 <u>FITNESS BOOTCAMP</u>	<u>ADULT BOXING</u> Mike C. <u>YOUTH BOXING</u> (7-14yrs) Natalie <u>FITNESS BOOTCAMP</u>	<u>FITNESS BOOTCAMP</u> 9:00AM <u>ADULT BOXING</u> 10AM- 11AM Mike C. <u>KIDS MMA</u> (5-9 yrs) 10:30AM-11:30AM Mike W.
8:00-9:00 PM					<u>MMA SPARRING (INVITE ONLY)</u> 5:00-7:00	