

MASE PROGRAM SCHEDULE- 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	
	CORE/FLEXIBILITY	YOGA	CORE/FLEXIBILITY	YOGA	PURE ENERGY	
		ADULT FITNESS		ADULT FITNESS		
7:00-8:00	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	WEEKEND WARRIORS
	PRIVATE BJJ*	PRIVATE BJJ*	PRIVATE BJJ*	PRIVATE BJJ*	PRIVATE BJJ*	
8:00-9:00	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*
	PRIVATE BJJ*	PRIVATE BJJ*	PRIVATE BJJ*	PRIVATE BJJ*	PRIVATE BJJ*	
9:00-10:00	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*
		PURE ENERGY				
10:00-11:00	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	BOXING
		PURE ENERGY				WMN SELF DEFENSE
11:00-12:00	ELITE TRAINING	ELITE TRAINING	ELITE TRAINING	ELITE TRAINING	ELITE TRAINING	BOXING
						WMN SELF DEFENSE
12:00-1:00	CARDIO BLAST	CARDIO BLAST	CARDIO BLAST	CARDIO BLAST	CARDIO BLAST	
2:00-3:00	GROUP PT*		GROUP PT*		GROUP PT*	
3:00-4:00	GROUP PT*		GROUP PT*		GROUP PT*	
	PRIVATE BJJ*	PRIVATE BJJ*	PRIVATE BJJ*	PRIVATE BJJ*	PRIVATE BJJ*	
4:00-5:00	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	
	PRIVATE BJJ*	PRIVATE BJJ*	PRIVATE*	PRIVATE BJJ*	PRIVATE BJJ*	
5:00-6:00	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	
	PRIVATE BJJ*	TEAM BJJ*	PRIVATE BJJ*	TEAM BJJ*	PRIVATE BJJ*	
		ISP		ISP		
6:00-7:00	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	
	KIDS BJJ*	TEAM BJJ*	KIDS BJJ*	TEAM BJJ*	KIDS-BJJ*	
		YOUTH WRESTLING		YOUTH WRESTLING		
	ELITE SPORTS		ELITE SPORTS			
7:00-8:00	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	GROUP PT*	
	FUNDAMENTAL BJJ*		FUNDAMENTAL BJJ*			
	WMN SELF DEFENSE	HS WRESTLING	WMN SELF DEFENSE	HS WRESTLING		
	MMA* FIT	MUAY THAI	MMA* FIT	MUAY THAI		
8:00-9:00	GROUP PT*		GROUP PT*		GROUP PT*	
	ADVANCED BJJ*		ADVANCED BJJ*			
	WMN SELF DEFENSE	HS WRESTLING	WMN SELF DEFENSE	HS WRESTLING		
		MMA GRAPPLING		MMA STRIKING		

*PT-Personal Training

*BJJ-Brazilian Jujitsu

*MMA-Mixed Martial Arts