

# GENESIS GYM PHASE TWO TIMETABLE

<b>MON</b>	<b>BOXING</b> <b>CONDITIONING</b> 9:30-10:15AM	<b>MMA</b> 12:00-12:45PM	<b>BJJ</b> 1:00-1:45PM	<b>DRAGONS</b> (4-8yrs) 4:15-4:45PM	<b>JUNIORS</b> (9-13yrs) 5:00-5:45PM	<b>BJJ</b> <b>FUNDAMENTALS</b> 6:30-7:30PM	<b>BJJ</b> <b>INTERMEDIATE</b> 7:45-8:45PM
<b>TUE</b>	OPEN MAT SLOT 1 12:00-12:45PM	OPEN MAT SLOT 2 1:00-1:45PM	<b>JUNIORS</b> <b>BEGINNERS</b> <small>UNDER 14YEARS</small> 4:00-4:45PM	<b>JUNIORS</b> <b>INTERMEDIATE</b> <small>UNDER 14YEARS</small> 5:00-5:45PM	<b>KICKBOXING</b> <b>CONDITIONING</b> 6:30 - 7:15PM	<b>KICKBOXING</b> 7:30 - 8:45PM	
<b>WED</b>	<b>MMA</b> 12:00-12:45PM	<b>BJJ</b> 1:00-1:45PM	<b>DRAGONS</b> (4-8yrs) 4:00-4:30PM	<b>JUNIORS</b> (9-13yrs) 4:45-5:30PM	<b>KICKBOXING</b> 6:00 - 6:45PM	<b>BJJ STRENGTH &amp;</b> <b>CONDITIONING</b> 7:00-7:45pm	<b>MMA</b> 8:00-9:00PM
<b>THU</b>	<b>KICKBOXING</b> <b>CONDITIONING</b> 9:30-10:15AM	OPEN MAT SLOT 1 12:00-12:45PM	OPEN MAT SLOT 2 1:00-1:45PM	<b>JUNIORS</b> <b>BEGINNERS</b> (9-13yrs) 4:00-4:45PM	<b>JUNIORS</b> <b>INTERMEDIATE</b> (9-13yrs) 5:00-5:45PM	<b>KICKBOXING</b> <b>CONDITIONING</b> 6:30 - 7:15PM	<b>KICKBOXING</b> 7:30 - 8:45PM
<b>FRI</b>	OPEN MAT 12:00-12:45PM	<b>BJJ</b> 1:00-1:45PM	<b>JUNIORS</b> <b>BLACK BELT CLUB</b> <small>UNDER 14YEARS</small> 5:00-5:45PM	OPEN MAT SLOT 1 6:00-6:45PM	OPEN MAT SLOT 2 7:00-7:45PM		
<b>SAT</b>	<b>BJJ</b> <b>FUNDAMENTALS</b> 9:00-9:45PM	<b>BJJ</b> <b>INTERMEDIATE</b> 10:00-10:45PM					
<b>SUN</b>	<b>MMA TEAM COMP</b> <b>PREP - GROUP 1</b> 11:30-12:30PM	<b>MMA TEAM COMP</b> <b>PREP - GROUP 2</b> 12:30-1:30PM					