

HYBRID NATION SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00						Striking	
08:30	Grappling	Striking	Grappling	Striking	Grappling	Kids Martial Arts	
09:00				Mixed Martial Arts		Baby Ninjas	
09:45						Open Mat	
10:00							
12:00							
15:45		Baby Ninjas		Baby Ninjas			Open Mat
16:30							
16:45	Kids Martial Arts	Kids Martial Arts	Kids Martial Arts	Kids Martial Arts	Kids Martial Arts		
17:40							
17:45	Grappling	Striking	Grappling	Striking	Grappling		
19:00	Women's kick-boxing		Mixed Martial Arts		Mixed Martial Arts		
20:00							
20:08					Yoga		
21:09						PRO MMA (Invite Only)	
22:10							