

# San Diego Combat Academy | 10th Planet Oceanside

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10th Planet Jiu Jitsu 6:00 - 7:30 AM	10th Planet Jiu Jitsu 6:00 - 7:30 AM	10th Planet Jiu Jitsu 6:00 - 7:30 AM	10th Planet Jiu Jitsu 6:00 - 7:30 AM	10th Planet Jiu Jitsu 6:00 - 7:30 AM	Strength & Conditioning 9:00 - 10:00 AM	
					Jiu Jitsu 101 10:00 - 11:00 AM	
				Jiu Jitsu 101 11:00 AM - 12:00 PM	MMA 11:00 AM - 12:00 PM	
10th Planet Jiu Jitsu 12:00 - 2:00 PM	10th Planet Jiu Jitsu 12:00 - 2:00 PM	10th Planet Jiu Jitsu 12:00 - 2:00 PM	10th Planet Jiu Jitsu 12:00 - 2:00 PM	10th Planet Jiu Jitsu 12:00 - 2:00 PM	10th Planet Jiu Jitsu 12:00 - 2:00 PM	Wrestling 12:00 - 1:00 PM
					Yoga 2:30 - 3:30 PM	Open Mat 1:00 - 3:00 PM
Sparring 5:00 - 6:00 PM	Wrestling 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM	Boxing 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM		
			Mastering Warmups 5:00 - 6:00 PM			
Jiu Jitsu 101 6:00 - 7:00 PM	MMA Striking 6:00 - 7:00 PM	Wrestling 6:00 - 7:00 PM	MMA Striking 6:00 - 7:00 PM	Mastering Warmups 6:00 - 7:00 PM		Monday-Friday 6am-9pm Saturday 9am-2pm Sunday 12pm-3pm
10th Planet Jiu Jitsu 7:00 - 9:00 PM	10th Planet Jiu Jitsu 7:00 - 9:00 PM	10th Planet Jiu Jitsu 7:00 - 9:00 PM	10th Planet Jiu Jitsu 7:00 - 9:00 PM	10th Planet Jiu Jitsu 7:00 - 9:00 PM		