

# 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		
	Cardio Kickboxing 9:00 - 10:00 AM	Jiu Jitsu 101 9:00 - 10:00 AM	Cardio Kickboxing 9:00 - 10:00 AM		Yoga 9:00 - 10:00 AM	
Wrestling 11:00 AM - 12:00 PM				Jiu Jitsu 101 11:00 AM - 12:00 PM	Strength & Conditioning 10:00 - 11:00 AM	
Thug Thai (All Levels) 11:00 AM - 12:00 PM	Thug Thai (All Levels) 11:00 AM - 12:00 PM	Thug Thai (All Levels) 11:00 AM - 12:00 PM	Thug Thai (All Levels) 11:00 AM - 12:00 PM	Thug Thai (All Levels) 11:00 AM - 12:00 PM	Jiu Jitsu 101 10:00 - 11:00 AM	
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	MMA 11:00 AM - 12:00 PM	
					Women's Jiu Jitsu 11:00 AM - 12:00 PM	
Strength & Conditioning 4:00 - 5:00 PM	Strength & Conditioning 4:30 - 5:00 PM	Strength & Conditioning 4:00 - 5:00 PM	Strength & Conditioning 4:30 - 5:00 PM	Strength & Conditioning 4:00 - 5:00 PM	10th Planet Jiu Jitsu 12:00 - 2:00 PM	Wrestling 12:00 - 1:00 PM
	Wrestling 5:00 - 6:00 PM	Women's Jiu Jitsu 5:00 - 6:00 PM	Jiu Jitsu 101 5:00 - 6:00 PM			Open Mat 1:00 - 3:00 PM
Boxing 5:00 - 6:00 PM	Thug Thai 101 5:00 - 6:00 PM	Boxing 5:00 - 6:00 PM	Thug Thai 101 5:00 - 6:00 PM	Boxing 5:00 - 6:00 PM		
Sparring 6:00 - 7:00 PM	MMA 6:00 - 7:00 PM	Thug Thai (Advanced) 6:00 - 7:00 PM	MMA 6:00 - 7:00 PM	Cardio Kickboxing 6:00 - 7:00 PM		Monday-Friday 6am-9pm Saturday 9am-2pm Sunday 12pm-3pm
Jiu Jitsu 101 6:00 - 7:00 PM		Wrestling 6:00 - 7:00 PM		Mastering Warmups 6:00 - 7:00 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	10th Planet Jiu Jitsu 7:00 - 9:00 PM		