

# 10th Planet Oceanside

| Monday  | Tuesday                                       | Wednesday                                     | Thursday                                      | Friday  | Saturday                                    | Sunday   |
|---|---|---|---|---|---|--|
| 10th Planet Jiu Jitsu<br>6:00 - 7:30 AM       | 10th Planet Jiu Jitsu<br>6:00 - 7:30 AM       | 10th Planet Jiu Jitsu<br>6:00 - 7:30 AM       | 10th Planet Jiu Jitsu<br>6:00 - 7:30 AM       | 10th Planet Jiu Jitsu<br>6:00 - 7:30 AM       |   |  |
|   | Boxing<br>6:00 - 7:00 AM                      |   | Boxing<br>6:00 - 7:00 AM                      |   |   |  |
|   | Strength & Conditioning<br>7:15 - 8:00 AM     |   | Strength & Conditioning<br>7:15 - 8:00 AM     |   |   |  |
| Yoga<br>9:00 - 10:00 AM                       |   | Jiu Jitsu 101<br>9:00 - 10:00 AM              |   |   | Yoga<br>9:00 - 10:00 AM                     |  |
| Wrestling<br>11:00 AM - 12:00 PM              | Boxing Bag Drills<br>10:00 - 11:00 AM         |   | Boxing Bag Drills<br>10:00 - 11:00 AM         | Jiu Jitsu 101<br>11:00 AM - 12:00 PM          | Strength & Conditioning<br>10:00 - 11:00 AM |  |
| Thug Thai (All Levels)<br>11:00 AM - 12:00 PM | Thug Thai (All Levels)<br>11:00 AM - 12:00 PM | Thug Thai (All Levels)<br>11:00 AM - 12:00 PM | Thug Thai (All Levels)<br>11:00 AM - 12:00 PM | Thug Thai (All Levels)<br>11:00 AM - 12:00 PM | Jiu Jitsu 101<br>10:00 - 11:00 AM           |  |
| 10th Planet Jiu Jitsu<br>12:00 - 2:00 PM      | 10th Planet Jiu Jitsu<br>12:00 - 2:00 PM      | 10th Planet Jiu Jitsu<br>12:00 - 2:00 PM      | 10th Planet Jiu Jitsu<br>12:00 - 2:00 PM      | 10th Planet Jiu Jitsu<br>12:00 - 2:00 PM      | MMA<br>11:00 AM - 12:00 PM                  |  |
|   |   |   |   |   | Women's Jiu Jitsu<br>11:00 AM - 12:00 PM    |  |
| Strength & Conditioning<br>4:00 - 5:00 PM     |   | Strength & Conditioning<br>4:00 - 5:00 PM     |   |   | 10th Planet Jiu Jitsu<br>12:00 - 2:00 PM    | Wrestling<br>12:00 - 1:00 PM                                 |
|   | Wrestling<br>5:00 - 6:00 PM                   | Women's Jiu Jitsu<br>5:00 - 6:00 PM           | Jiu Jitsu 101<br>5:00 - 6:00 PM               |   |   | Open Mat<br>1:00 - 3:00 PM                                   |
| Boxing<br>5:00 - 6:00 PM                      | Thug Thai 101<br>5:00 - 6:00 PM               | Boxing<br>5:00 - 6:00 PM                      | Thug Thai 101<br>5:00 - 6:00 PM               | Boxing<br>5:00 - 6:00 PM                      |   |  |
| MMA<br>6:00 - 7:00 PM                         | Sparring<br>6:00 - 7:00 PM                    | Thug Thai (Advanced)<br>6:00 - 7:00 PM        | MMA<br>6:00 - 7:00 PM                         | Kickboxing<br>6:00 - 7:00 PM                  |   | 1791 S Oceanside Blvd<br>Oceanside, CA 92054<br>442-266-2492 |
| Jiu Jitsu 101<br>6:00 - 7:00 PM               |   | Wrestling<br>6:00 - 7:00 PM                   |   | Mastering Warmups<br>6:00 - 7:00 PM           |   | Monday-Friday 6am-9pm<br>Saturday 9am-2pm<br>Sunday 12pm-3pm |
| 10th Planet Jiu Jitsu<br>7:00 - 9:00 PM       | 10th Planet Jiu Jitsu<br>7:00 - 9:00 PM       | 10th Planet Jiu Jitsu<br>7:00 - 9:00 PM       | 10th Planet Jiu Jitsu<br>7:00 - 9:00 PM       | 10th Planet Jiu Jitsu<br>7:00 - 9:00 PM       |   |  |
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