

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		
	Boxing 6:00 - 7:00 AM		Boxing 6:00 - 7:00 AM			
Yoga 7:30 - 8:30 AM	Strength & Conditioning 7:15 - 8:00 AM		Strength & Conditioning 7:15 - 8:00 AM			
		Jiu Jitsu 101 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	
Muay Thai (All Levels) 11:00 AM - 12:00 PM	Boxing/Muay Thai Bag Drills 11:00 - 12:00 PM	Muay Thai (All Levels) 11:00 AM - 12:00 PM	Boxing/Muay Thai Bag Drills 11:00 - 12:00 PM	Muay 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 (Sparring) 11:00 AM - 12:00 PM	Jiu Jitsu 101 11:00 AM - 12:00 PM
					Women's Jiu Jitsu 11:00 AM - 12:00 PM	Wrestling 12:00 - 1:00 PM
Strength & Conditioning 4:00 - 5:00 PM		Strength & Conditioning 4:00 - 5:00 PM			10th Planet Jiu Jitsu 12:00 - 2:00 PM	Kickboxing 1:00 - 2:00 PM
	Wrestling 5:00 - 6:00 PM	Women's Jiu Jitsu 5:00 - 6:00 PM	Muay Thai 101 5:00 - 6:00 PM			Open Mat JJ 1:00 - 2:30 PM
Boxing 5:00 - 6:00 PM	Muay Thai 101 5:00 - 6:00 PM	Boxing 5:00 - 6:00 PM	Mastering JJ Warmups 6:00 - 7:00 PM	Boxing 5:00 - 6:00 PM		
Kickboxing 6:00 - 7:00 PM	Sparring 6:00 - 7:00 PM	Muay Thai (Advanced) 6:00 - 7:00 PM	MMA 6:00 - 7:00 PM	Kickboxing 6:00 - 7:00 PM		1791 S Oceanside Blvd Oceanside, CA 92054 442-266-2492
Jiu Jitsu 101 6:00 - 7:00 PM		Wrestling 6:00 - 7:00 PM		Mastering Warmups 6:00 - 7:00 PM		Monday-Friday 5:45am-9pm Saturday 8:45am-2pm Sunday 11:45am-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		