

Performance Edge Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 PM	12:00 - 1:00 PM <i>MMA</i>		12:00 - 1:00 PM <i>MMA</i>			12:00 - 1:00 PM <i>No-Gi Grappling</i>	
1:00 PM	1:00 - 2:00 PM <i>Conditioning</i>		1:00 - 2:00 PM <i>Conditioning</i>			1:00 - 3:00 PM <i>Open Gym</i>	
2:00 PM						<i>Open Gym</i>	
4:00 PM							4:00 - 6:00 PM <i>Steve's Advanced Sparring Session</i>
5:30 PM	5:30 - 6:15 PM <i>Intro to MMA</i>	5:30 - 6:15 PM <i>Intro to MMA</i>	5:30 - 6:15 PM <i>Intro to MMA</i>	5:30 - 6:15 PM <i>Intro to MMA</i>			<i>Steve's Advanced Sparring Session</i>
6:15 PM	6:15 - 7:00 PM <i>Combatives</i>	6:15 - 7:00 PM <i>Sub Wrestling</i>	6:15 - 7:00 PM <i>Striking</i>	6:15 - 7:00 PM <i>Combatives</i>			<i>Steve's Advanced Sparring Session</i>
7:00 PM	7:00 - 8:00 PM <i>MMA</i>	7:00 - 8:00 PM <i>MMA</i>	7:00 - 8:00 PM <i>MMA</i>	7:00 - 8:00 PM <i>MMA</i>			
8:00 PM		8:00 - 8:30 PM <i>Conditioning</i>		8:00 - 8:30 PM <i>Conditioning</i>			

Highlighted blocks are the classes that are open to beginners.