

CSW Training Center Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - 9:30		CARDIO KICKBOXING		CARDIO KICKBOXING			
10:30 - 11:30				SUBMISSION WRESTLING			
12:00 - 2:00	PRO FIGHTER TRAINING	PRO FIGHTER TRAINING	PRO FIGHTER TRAINING	PRO FIGHTER TRAINING	PRO FIGHTER TRAINING	OPEN MAT	
5:00 - 6:00	CSW BEG/INT		GI BJJ BEG/INT				
5:00 - 6:00	CSW INT/ADV		GI BJJ INT/ADV				
5:00 - 6:00		CARDIO KICKBOXING		CARDIO KICKBOXING			
6:00 - 7:00	GI BJJ BEG/INT	CSW BEG/INT	CSW BEG/INT	CSW BEG/INT			
6:00 - 7:00	GI BJJ INT/ADV	CSW INT/ADV	CSW INT/ADV	CSW INT/ADV			
6:00 - 7:00 CAGE	KICKBOXING FOR KIDS		GRAPPLING FOR KIDS				
7:00 - 8:00	MUAY THAI SAVATE	MMA	MUAY THAI SAVATE	MMA			
8:30 - 9:00	KICKBOXING SPARRING		KICKBOXING SPARRING				

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