

CSW Training Center Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30		CARDIO KICKBOXING		CARDIO KICKBOXING			
10:00-11:15		SUBMISSION WRESTLING		SUBMISSION WRESTLING			
12:00-2:00	PRO FIGHTER TRAINING	PRO FIGHTER TRAINING	PRO FIGHTER TRAINING	PRO FIGHTER TRAINING	PRO FIGHTER TRAINING	OPEN MAT	KALI-SILAT
5:00-6:00	NO GI CSW LEVEL 1	KICKBOXING	GI BJJ	KICKBOXING			
6:00-7:00	GI BJJ	NO GI CSW LEVEL 1	CATCHWRESTLING	NO GI CSW LEVEL 1			
6:00-7:00 CAGE	KICKBOXING FOR KIDS		GRAPPLING FOR KIDS				
7:00-8:00	MUAY THAI/SAVATE	MMA	MUAY THAI/SAVATE	MMA			
8:00-9:00	KALI-ESCRIMA						



CSW TRAINING CENTER
 4080 N. PALM ST. #801
 FULLERTON, CA 92835
 WWW.ERIKPAULSON.COM