San Diego Combat Academy | 10th Planet Spring Valley

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM		
Muay Thai 7:00 - 8:00 AM	Muay Thai 7:00 - 8:00 AM	Muay Thai 7:00 - 8:00 AM	Muay Thai 7:00 - 8:00 AM	Muay Thai 7:00 - 8:00 AM	Muay Thai Sparring 7:00 - 9:00 AM	
Strength & Conditioning 8:00 - 9:00 AM	Strength & Conditioning 8:00 - 9:00 AM	Strength & Conditioning 8:00 - 9:00 AM	Strength & Conditioning 8:00 - 9:00 AM	Strength & Conditioning 8:00 - 9:00 AM	Strength & Conditioning 8:00 - 9:00 AM	
10th Planet Jiu Jitsu 9:00 - 10:00 AM	10th Planet Jiu Jitsu 9:00 - 10:00 AM	10th Planet Jiu Jitsu 9:00 - 10:00 AM	10th Planet Jiu Jitsu 9:00 - 10:00 AM	10th Planet Jiu Jitsu 9:00 - 10:00 AM	Muay Thai 9:00 - 10:00 AM	
Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Functional Range Conditioning 10:00 - 11:00 AM	
	Strength & Conditioning 11:00 AM - 12:00 PM		Strength & Conditioning 11:00 AM - 12:00 PM		Boxing 10:00 - 11:00 AM	
10th Planet Jiu Jitsu 12:00 - 1:00 PM	10th Planet Jiu Jitsu 12:00 - 1:00 PM	10th Planet Jiu Jitsu 12:00 - 1:00 PM	10th Planet Jiu Jitsu 12:00 - 1:00 PM	10th Planet Jiu Jitsu 12:00 - 1:00 PM	10th Planet Jiu Jitsu 11:00 - 12:00 PM	
Muay Thai 12:00 - 1:00 PM	Muay Thai 12:00 - 1:00 PM	Muay Thai 12:00 - 1:00 PM	Muay Thai 12:00 - 1:00 PM	Muay Thai 12:00 - 1:00 PM		
MMA Fundamentals 1:00 - 2:00 PM	MMA Fundamentals 1:00 - 2:00 PM	MMA Fundamentals 1:00 - 2:00 PM	MMA Fundamentals 1:00 - 2:00 PM	MMA Fundamentals 1:00 - 2:00 PM		
Strength & Conditioning 4:30 - 5:30 PM	Strength & Conditioning 4:30 - 5:30 PM	Strength & Conditioning 4:30 - 5:30 PM	Strength & Conditioning 4:30 - 5:30 PM	Strength & Conditioning 4:30 - 5:30 PM		Open Mat / Gym 1:00 - 3:00 PM Last Sunday of Month
	10th Planet Jiu Jitsu Fundamentals 4:30 - 5:30 PM		10th Planet Jiu Jitsu Fundamentals 4:30 - 5:30 PM			
Muay Thai 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM		
10th Planet Jiu Jitsu Warm Ups 5:30 - 6:30 PM		10th Planet Jiu Jitsu Warm Ups 5:30 - 6:30 PM		10th Planet Jiu Jitsu Warm Ups 5:30 - 6:30 PM	Monday-Thursday 6am-9pm Friday 6am-8pm Saturday 7am-1pm	
Flow Yoga 5:30 - 6:30 PM	Flow Yoga 5:30 - 6:30 PM					
Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM		
10th Planet Jiu JItsu 6:30 - 8:00 PM	10th Planet Jiu JItsu 6:30 - 8:00 PM	10th Planet Jiu JItsu 6:30 - 8:00 PM	10th Planet Jiu JItsu 6:30 - 8:00 PM	10th Planet Jiu JItsu 6:30 - 8:00 PM		
Muay Thai 7:30 - 8:30 PM	Muay Thai 7:30 - 8:30 PM	Muay Thai 7:30 - 8:30 PM	Muay Thai 7:30 - 8:30 PM			