

San Diego Combat Academy | 10th Planet Spring Valley — Grappling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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		Strength & Conditioning Bootcamp 9:00 - 11:00 AM (Last Sunday of Month)
					Flow Yoga 10:00 - 11:00 AM	
					10th Planet Jiu Jitsu 10:00 - 11:00 AM	
Strength & Conditioning 11:00 AM - 12:00 PM		Strength & Conditioning 11:00 AM - 12:00 PM		Strength & Conditioning 11:00 AM - 12:00 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 12:00 - 1:00 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		
	10th Planet Jiu Jitsu Fundamentals 4:30 - 5:30 PM		10th Planet Jiu Jitsu Fundamentals 4:30 - 5:30 PM		Monday-Thursday 6am-9pm Friday 6am-8pm Saturday 7am-1pm	
10th Planet Jiu Jitsu Warmups 5:30 - 6:30 PM		10th Planet Jiu Jitsu Warmups 5:30 - 6:30 PM		10th Planet Jiu Jitsu Warmups 5:30 - 6:30 PM		
Flow Yoga 6:00 - 7:00 PM	Flow Yoga 6:00 - 7:00 PM		Flow Yoga 6:30 - 7:30 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 - 7:45 PM		