

San Diego Combat Academy | 10th Planet San Diego

Modified Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10th Planet Jiu Jitsu (All Levels) 6:00 - 7:30 AM	10th Planet Jiu Jitsu (All Levels) 6:00 - 7:30 AM	10th Planet Jiu Jitsu (All Levels) 6:00 - 7:30 AM	10th Planet Jiu Jitsu (All Levels) 6:00 - 7:30 AM		Monday-Friday 6am-12pm, 4pm-8pm Saturday 8am-12pm	
Kickboxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM	Kickboxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM	Kickboxing 6:00 - 7:00 AM		
	Muay Thai 9:00 AM - 10:00 AM		Muay Thai 9:00 AM - 10:00 AM	Boxing 9:00 AM - 10:00 AM		
Strength & Conditioning 9:00 - 10:00 AM	Stretching & Mobility 9:00 - 10:00 AM	Strength & Conditioning 9:00 - 10:00 AM	Stretching & Mobility 9:00 - 10:00 AM	Strength & Conditioning 9:00 - 10:00 AM	Strength & Conditioning 9:00 - 10:00 AM	
10th Planet Jiu Jitsu (All Levels) 10:00 - 11:00 AM	10th Planet Jiu Jitsu (All Levels) 10:00 - 11:00 AM	10th Planet Jiu Jitsu (All Levels) 10:00 - 11:00 AM	10th Planet Jiu Jitsu (All Levels) 10:00 - 11:00 AM	10th Planet Jiu Jitsu (All Levels) 10:00 - 11:00 AM	Boxing 10:00 - 11:00 AM	
MMA 11:00 AM - 12:00 PM	Muay Thai 11:00 AM - 12:00 PM	MMA 11:00 AM - 12:00 PM	Muay Thai 11:00 AM - 12:00 PM	MMA 11:00 AM - 12:00 PM	Self Defense Jiu Jitsu 10:00 - 11:00 AM	
					10th Planet Jiu Jitsu (All Levels) 11:00 AM - 12:00 PM	
10th Planet Jiu Jitsu (Fundamentals) 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	10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM		
Strength & Conditioning 4:30 - 5:00 PM		Strength & Conditioning 4:30 - 5:00 PM				
Boxing 5:00 - 6:00 PM	Boxing 5:00 - 6:00 PM	Boxing 5:00 - 6:00 PM	Boxing 5:00 - 6:00 PM	Boxing 5:00 - 6:00 PM		
10th Planet Jiu Jitsu (Women) 5:30 - 6:30 PM	Wrestling 5:30 - 6:30 PM	Wrestling 5:30 - 6:30 PM	Wrestling 5:30 - 6:30 PM	10th Planet Jiu Jitsu (Women) 5:30 - 6:30 PM		
Kickboxing 6:00 - 7:00 PM	Kickboxing 6:00 - 7:00 PM	Kickboxing 6:00 - 7:00 PM	Kickboxing 6:00 - 7:00 PM	Kickboxing Sparring 6:00 - 7:00 PM		
10th Planet Jiu Jitsu (Competition) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Advanced) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Advanced) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Advanced) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Competition) 6:30 - 7:30 PM		
	Boxing 7:00 - 8:00 PM		Boxing 7:00 - 8:00 PM	Boxing Sparring 7:00 - 8:00 PM		