

# 10th Planet San Diego 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	10th Planet Jiu Jitsu (All Levels) 6:00 - 7:00 AM	6008 Mission Gorge Rd San Diego, CA 92120 619-282-5855  Monday-Friday 5:45am - 9pm Saturday 7:45am-12pm Sunday 8:45am-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		
	10th Planet Jiu Jitsu (All Levels) 8:00 - 9:00 AM		10th Planet Jiu Jitsu (All Levels) 8:00 - 9:00 AM			
	Muay Thai 9:00 - 10:00 AM		Muay Thai 9:00 - 10:00 AM			
Strength & Conditioning 9:00 - 10:00 AM	Strength & Conditioning 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) 8:00 - 9:00 AM	Self Defense Jiu Jitsu 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- Free Rolls) 10:00 - 11:00 AM	No Gi Judo 9:00 - 10:00 AM	10th Planet Jiu Jitsu (All Levels) 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	Strength & Conditioning 9:00 - 10:00 AM	Kickboxing 10:00 AM - 12:00 PM
10th Planet Jiu Jitsu (Fundamentals) 1:00 - 2:00 PM	10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (Fundamentals) 1:00 - 2:00 PM	10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM	Boxing 10:00 - 11:00 AM	Open Mat 11:00 AM - 12:00 PM
10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM	Strength & Conditioning 4:30 - 5:30 PM	10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM	Strength & Conditioning 4:30 - 5:30 PM	Strength & Conditioning 4:30 - 5:00 PM	10th Planet Jiu Jitsu (All Levels) 11:00 AM - 12:00 PM	
Strength & Conditioning 4:30 - 5:30 PM	Boxing 5:30 - 6:30 PM	Strength & Conditioning 4:30 - 5:30 PM	Boxing 5:30 - 6:30 PM	Boxing 5:30 - 6:30 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		
Boxing 5:30 - 6:30 PM	Kickboxing 6:30 - 7:30 PM	Boxing 5:30 - 6:30 PM	Kickboxing 6:30 - 7:30 PM			
Boxing (Fundamentals) 6:30 - 7:30 PM	10th Planet Jiu Jitsu (Fundamentals) 6:30 - 8:00 PM	Boxing (Fundamentals) 6:30 - 7:30 PM	10th Planet Jiu Jitsu (Fundamentals) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Competition) 6:30 - 7:30 PM	<b>***** PLEASE BRING SHOES FOR STRENGTH                      AND CONDITIONING CLASSES*****</b>	
10th Planet Jiu Jitsu (Competition) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Advanced) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (All Levels) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Advanced) 6:30 - 8:00 PM			
MMA 7:00 - 8:00 PM	MMA 7:30 - 8:30 PM	MMA 7:00 - 8:00 PM	MMA 7:30 - 8:30 PM			