ESCONDIDO COMBAT ACADEMY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No-Gi Jiu Jitsu (Fundamentals) 6:00 – 7:00 AM		**No-Gi Jiu Jitsu (Fundamentals)** 6:00 – 7:00 AM		**No-Gi Jiu Jitsu (Fundamentals)** 6:00 – 7:00 AM		
Strength & Conditioning 9:00 – 10:00 AM	**BOXING** 8:00 – 9:00 AM	**Strength & Conditioning** 9:00 – 10:00 AM	**BOXING** 8:00 – 9:00 AM	**Strength & Conditioning** 9:00 – 10:00 AM	**(Kids 2-5 & Youth 6-13) Boxing** 9:00 – 10:00 AM	
No-Gi Jiu Jitsu (Fundamentals) 10:00 – 11:00 AM	**No-GI Jiu Jitsu (Fundamentals)** 10:00 – 11:00 AM	**No-Gi Jiu Jitsu (Fundamentals)** 10:00 – 11:00 AM	**No-Gi Jiu Jitsu (Fundamentals)** 10:00 – 11:00 AM	**No-Gi Jiu Jitsu (Fundamentals)** 10:00 – 11:00 AM	**ABCs Youth 2-6 Development** 10:00 – 10:30 AM	
Kickboxing 11:00 AM – 12:00 PM		**Kickboxing** 11:00 AM – 12:00 PM		**Kickboxing** 11:00 AM – 12:00 PM	**Bond & Brawl** 10:30-11:00 AM	
(Kids 2-5 & Youth 6-13) Kickboxing 1:00 - 2:00 PM **(Kids 2-5 & Youth 6-13) Boxing** 2:00 - 3:00 PM **ABCs Youth 2-6 Development** 3:00 - 3:30 PM	**(Kids 5-13) Jiu Jitsu** 2:00-3:00 PM		**(Kids 5-13) Jiu Jitsu** 2:00-3:00 PM	**(Kids 2-5 & Youth 6-13) Jiu Jitsu** 1:00 PM - 2:00 PM **(Kids 2-5 & Youth 6-13) Boxing** 2:00-3:00 PM **ABCs Youth 2-6 Development** 3:00-3:30 PM	**Boxing** 11:00 – 12:00 AM **Muay Thai** 12:00-1:00 PM **No-Gi Jiu Jitsu (All Levels)** 1:00 – 2:00 PM	**Strength & Conditioning** 1:00 – 2:00 PM **Kickboxing** 2:00 – 3:00 PM
(Youth 7-13) No-Gi Jiu Jitsu 3:30 – 4:30 PM	**(Adult) Wrestling** 3:30 - 4:30 PM	**(Youth 7-13) MMA** 3:30 - 4:30 PM	**(Adult) Wrestling** 3:30 - 4:30 PM	**(Youth 7-13) No-Gi Jiu Jitsu** 3:30 – 4:30 PM	**Open Mat Grappling** 2:00 – 3:00 PM	
No-GI Jiu Jitsu (All Levels) 4:30 – 5:30 PM	**No-GI Jiu Jitsu (All Levels)** 4:30 – 5:30 PM	**No-Gi Jiu Jitsu (All Levels)** 4:30 – 5:30 PM	**No-GI Jiu Jitsu (All Levels)** 4:30 – 5:30 PM	**No-Gi Jiu Jitsu (All Levels)** 4:30 – 5:30 PM	**Monday & Friday** 545am-8pm **Wednesday** 545am-12pm 3pm-730pm **Tuesday & Thursday** 745am-12pm 145pm-730pm **Saturday** 8:45-3:00pm **Sunday** 12:30pm-3pm	
(Kids 4-6) Jiu Jitsu 5:30 – 6:00 PM **MMA** 6:00 - 7:00 PM	**(Kids 2-5 & Youth 6-13) BOXING** 5:30 - 6:30 PM	**BOXING** 5:30 – 6:30 PM	**(Kids 2-5 & Youth 6-13) BOXING** 5:30-6:30 PM	**(Kids 4-6) Jiu Jitsu** 5:30 – 6:00 PM **MMA** 6:00 -7:00 PM		
Boxing 7:00 - 8:00 PM **Women's Conditioning & Self Defense** 8:00-9:00 PM	**Muay Thai** 6:30 – 7:30 PM	**OTX** 630 – 730 PM	**Muay Thai** 6:30 – 7:30 PM **Women's Conditioning & Self Defense** 7:30-8:30 PM	**Boxing** 7:00 - 8:00 PM	**300 S. Escondido Blvd Ste 104 Escondido, CA 92025 (619) 384-9287**	