

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		
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	Kid's 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	Boxing 9:00 - 10:00 AM	Muay Thai 9:00 - 10:00 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	Strength & Conditioning 11:00 AM - 12:00 PM	Strength & Conditioning 11:00 AM - 12:00 PM	10th Planet Jiu Jitsu 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	Boxing 10:00 - 11:00 AM	
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 1:00 - 2:00 PM	MMA 1:00 - 2:00 PM	MMA 1:00 - 2:00 PM	MMA 1:00 - 2:00 PM	MMA 1:00 - 2:00 PM		Open Mat / Gym 1:00 - 3:00 PM
Kid's Muay Thai 4:30 - 5:30 PM	Kid's Muay Thai 4:30 - 5:30 PM	Kid's Muay Thai 4:30 - 5:30 PM	Kid's Muay Thai 4:30 - 5:30 PM	Kid's Muay Thai 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	Strength & Conditioning 4:30 - 5:30 PM		
Kid's Boxing 5:00 - 6:00 PM	Kid's Boxing 5:00 - 6:00 PM	Kid's Boxing 5:00 - 6:00 PM	Kid's Boxing 5:00 - 6:00 PM	Kid's Boxing 5:00 - 6:00 PM	Monday-Thursday 6am-9pm Friday 6am-8pm Saturday 8am-1pm Sunday 1pm-3pm	
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		
Kid's Jiu Jitsu 5:30 - 6:30 PM	Kid's Jiu Jitsu 5:30 - 6:30 PM	Kid's Jiu Jitsu 5:30 - 6:30 PM	Kid's Jiu Jitsu 5:30 - 6:30 PM	Kid's Jiu Jitsu 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	Muay Thai 7:00 - 8:00 PM		