

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

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	Muay Thai Sparring 7:00 - 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	Strength & Conditioning 8:00 - 9:00 AM	
Boxing Drills 8:30 - 9:00 AM	Boxing Drills 8:30 - 9:00 AM	Boxing Drills 8:30 - 9:00 AM	Boxing Drills 8:30 - 9:00 AM	Boxing Drills 8:30 - 9:00 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 Bootcamp 9:00 - 11:00 AM (Last Sunday of Month)
					Boxing 10:00 - 11:00 AM	
Strength & Conditioning 11:00 AM - 12:00 PM	Muay Thai Drilling 11:00 AM - 12:00 PM	Strength & Conditioning 11:00 AM - 12:00 PM	Muay Thai Drilling 11:00 AM - 12:00 PM	Strength & Conditioning 11:00 AM - 12:00 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	Muay Thai 12:00 - 1:00 PM		
Muay Thai Drilling 4:00 - 5:00 PM	Muay Thai Drilling 4:00 - 5:00 PM	Muay Thai Drilling 4:00 - 5:00 PM	Muay Thai Drilling 4:00 - 5:00 PM	Muay Thai Sparring 4:00 - 5:00 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	Monday-Thursday 6am-9pm Friday 6am-8pm Saturday 7am-1pm	
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		
Mobility & Stretching 6:30 - 7:00 PM	Mobility & Stretching 6:30 - 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	Boxing 6:00 - 7:00 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			