

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10th Planet Jiu Jitsu All Levels 6:00 - 7:00 AM	10th Planet Jiu Jitsu All Levels 6:00 - 7:00 AM	10th Planet Jiu Jitsu All Levels 6:00 - 7:00 AM	10th Planet Jiu Jitsu All Levels 6:00 - 7:00 AM	10th Planet Jiu Jitsu All Levels 6:00 - 7:00 AM	Monday-Friday 6am-12pm, 4pm-8pm Saturday 7am-12pm	
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 Pads 7:00 - 8:00 AM	Muay Thai Pads 7:00 - 8:00 AM	Muay Thai Pads 7:00 - 8:00 AM	Muay Thai Pads 7:00 - 8:00 AM	Muay Thai Pads 7:00 - 8:00 AM	Boot Camp 7:00 - 8:00 AM	
	Strength & Conditioning 8:00 - 9:00 AM		Strength & Conditioning 8:00 - 9:00 AM		Muay Thai Sparring 8:00 - 9:00 AM	
10th Planet Jiu Jitsu All Levels 9:00 - 10:00 AM	10th Planet Jiu Jitsu All Levels 9:00 - 10:00 AM	10th Planet Jiu Jitsu All Levels 9:00 - 10:00 AM	10th Planet Jiu Jitsu All Levels 9:00 - 10:00 AM	10th Planet Jiu Jitsu All Levels 9:00 - 10:00 AM	10th Planet Jiu Jitsu Baseline (First Sat Only) 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	Kid's Boxing (4-15 Yrs) 9:00 - 10:00 AM	
					Muay Thai 9:00 - 10:00 AM	
Strength & Conditioning 10:00 - 11:00 AM	Strength & Conditioning 10:00 - 11:00 AM	Strength & Conditioning 10:00 - 11:00 AM	Strength & Conditioning 10:00 - 11:00 AM	Strength & Conditioning 10:00 - 11:00 AM		
Muay Thai 11:00 AM - 12:00 PM	Muay Thai 11:00 AM - 12:00 PM	Muay Thai 11:00 AM - 12:00 PM	Muay Thai Drills 11:00 AM - 12:00 PM	Muay Thai 11:00 AM - 12:00 PM	10th Planet Jiu Jitsu All Levels 10:00 - 11:00 AM	
					Boxing 10:00 - 11:00 AM	