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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MMA 4:00 - 5:00 PM	MMA 4:00 - 5:00 PM	MMA 4:00 - 5:00 PM	MMA 4:00 - 5:00 PM	MMA 4:00 - 5:00 PM	Monday-Friday 6am-12pm, 4pm-8pm Saturday 7am-12pm	
10th Planet Jiu Jitsu Fundamentals 4:30 - 5:30 PM	10th Planet Jiu Jitsu Fundamentals 4:30 - 5:30 PM	10th Planet Jiu Jitsu Fundamentals 4:30 - 5:30 PM	10th Planet Jiu Jitsu Fundamentals 4:30 - 5:30 PM	10th Planet Jiu Jitsu Fundamentals 4:30 - 5:30 PM		
Kid's Jiu Jitsu (4-8 Yrs) 4:30 - 5:00 PM	Kid's Jiu Jitsu (4-8 Yrs) 4:30 - 5:00 PM	Kid's Jiu Jitsu (4-8 Yrs) 4:30 - 5:00 PM	Kid's Jiu Jitsu (4-8 Yrs) 4:30 - 5:00 PM	Kid's Jiu Jitsu (4-8 Yrs) 4:30 - 5:00 PM		
Kid's Jiu Jitsu (8-15 Yrs) 5:00 - 6:00 PM	Kid's Jiu Jitsu (8-15 Yrs) 5:00 - 6:00 PM	Kid's Jiu Jitsu (8-15 Yrs) 5:00 - 6:00 PM	Kid's Jiu Jitsu (8-15 Yrs) 5:00 - 6:00 PM	Kid's Jiu Jitsu (8-15 Yrs) 5:00 - 6:00 PM		
Kid's Boxing (4-15 Yrs) 5:00 - 6:00 PM	Kid's Boxing (4-15 Yrs) 5:00 - 6:00 PM	Kid's Boxing (4-15 Yrs) 5:00 - 6:00 PM	Kid's Boxing (4-15 Yrs) 5:00 - 6:00 PM	Kid's Boxing (4-15 Yrs) 5:00 - 6:00 PM		
Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 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	Muay Thai 5:00 - 6:00 PM		
Wrestling for Jiu Jitsu 5:30 - 6:30 PM	Women's Jiu Jitsu 5:30 - 6:30 PM	Wrestling for Jiu Jitsu 5:30 - 6:30 PM	Women's Jiu Jitsu 5:30 - 6:30 PM	Jiu Jitsu Striking 5:30 - 6:30 PM		
Kid's Muay Thai (4-15 Yrs) 6:00 - 7:00 PM	Kid's Muay Thai (4-15 Yrs) 6:00 - 7:00 PM	Kid's Muay Thai (4-15 Yrs) 6:00 - 7:00 PM	Kid's Muay Thai (4-15 Yrs) 6:00 - 7:00 PM	Kid's Muay Thai (4-15 Yrs) 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	Boxing 6:00 - 7:00 PM		
	Strength & Conditioning 6:00 - 7:00 PM		Strength & Conditioning 6:00 - 7:00 PM			
10th Planet Jiu Jitsu All Levels 6:30 - 8:00 PM	10th Planet Jiu Jitsu All Levels 6:30 - 8:00 PM	10th Planet Jiu Jitsu All Levels 6:30 - 8:00 PM	10th Planet Jiu Jitsu All Levels 6:30 - 8:00 PM	10th Planet Jiu Jitsu All Levels 6:30 - 7:30 PM		
Vale Tudo 7:00 - 8:00 PM	Vale Tudo 7:00 - 8:00 PM	Vale Tudo 7:00 - 8:00 PM	Vale Tudo 7:00 - 8:00 PM	Vale Tudo 7:00 - 8:00 PM		