

CANUCKLES Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	OPEN GYM 12pm-9pm MON-FRI	OPEN GYM 12pm-9pm MON-FRI	OPEN GYM 12pm-9pm MON-FRI	OPEN GYM 12pm-9pm MON-FRI	OPEN GYM 12pm-9pm MON-FRI	OPEN GYM 10am-3pm	OPEN GYM 10am-1pm
10am						MMA Specific Conditioning 10-11:30am (beg-adv) **conditioning w/NO sparring**	WOMEN ONLY BEST BODY BOOTCAMP 10am-11am (beg-adv)
12pm						Kids Class 12:00-1:00	
1:30pm						Open Sparring (free session for all members) 1:30-3:00pm	
5pm							
5:45pm	Striking Only 5:45-7:15	MMA 5:45-7:15	MMA WRESTLING 5:45-7:15	MMA 5:45-7:15	MMA 5:45-7:15		
7:15pm	Grappling Only 7:30-9:00	MMA COACHED SPARRING ***different theme Every week***	MMA 7:30-9:00	CANUCKLES UNIVERSITY 7:30-9:00 (fighters only) ***MUST APPLY TO GET IN***	Striking Only 7:30-9:00		
7:30pm							
9:00pm							