

July 2016

Camarillo MMA and Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-9:45am Cardio Kickboxing Sifu Cherry		9:00am-9:45am Cardio Kickboxing Sifu Cherry			9:00am-9:45am Cardio Kickboxing
4:15pm-4:45pm Pee Wee MMA Ages 3-5 Sifu Cherry	4:00pm-4:30pm Private Lesson	4:15pm-4:45pm Pee Wee MMA Ages 3-5 Sifu Cherry			
4:45pm-5:30pm Kids MMA Ages 6 and up Sifu Cherry	4:30pm-5:15pm Kids Judo	4:45pm-5:30pm Kids 2 MMA Ages 6 and up Sifu Cherry			
5:30pm-6:15pm Pre Teens MMA(Sifu Cherry) Ages 8-12 Conditioning overlapping with Teens MMA		5:30pm-6:15pm Pre-Teens MMA (Sifu Cherry) Ages 8-12 Conditioning overlapping with Teens MMA		5:15pm-5:45pm Private Lesson Sifu Cherry	
6:00pm-6:45pm Teens MMA Sensei Mike/Sifu Backus	5:15pm-5:45pm Private Lesson Sifu Cherry	6:00pm-6:45pm Teens MMA Sensei Mike/Sifu Backus	5:00pm-6:00pm Private Lesson Sifu Cherry	6:00pm-7:00pm Adult MMA Sparring	
	6:15pm-7:15pm Cardio Kickboxing		6:15pm-7:15pm Cardio Kickboxing		
6:15pm-7:15pm Adult MMA All Levels Sifu Peter/Sifu Backus	7:15pm-7:45pm Women's MMA	6:15pm-7:15pm Adult MMA All Levels Sifu Backus/Sifu Peter	7:15pm-7:45pm Women's MMA		
	7:15pm-8:15pm Black belt Class	7:30pm-8:30pm Private Lesson			