

September 2015  
Camarillo MMA and Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am Boot Camp Sifu Peter		5:00am-6:00am Boot Camp Sifu Peter		5:00am-6:00am Boot Camp Sifu Peter	
6:00am-7:00am Private Lesson-Peter	6:00am-7:00am Private Lesson-Peter	6:00am-7:00am Private Lesson-Peter	6:00am-7:00am Private Lesson-Peter	6:00am-7:00am Private Lesson-Peter	
9:00am-9:45am Cardio Kickboxing Sifu Cherry	9:00am-10:00am Private Lesson	9:00am-9:45am Cardio Kickboxing Sifu Cherry	9:00am-10:00am Private Lesson		9:00am-10:00am Cardio Kickboxing
					10:00am-11:00am Black Belt Class Sifu Peter
4:15pm-4:45pm Pee Wee MMA Ages 3-5 Sifu Cherry		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			
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	5:15pm-5:45pm Private Lesson Sifu Cherry	5:30pm-6:30pm Adult MMA Sifu Backus	
	6:15pm-7:15pm Cardio Kickboxing		6:15pm-7:15pm Cardio Kickboxing	6:30pm-7:30pm Private Lesson Sifu Peter	
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		
7:30pm-8:30pm Zumba by Estela	7:30pm-8:30pm Zumba by Estela	7:30pm-8:30pm Zumba by Estela/Private Lesson	7:30pm-8:30pm Zumba by Estela		

We will be closed at both studios on Labor Day Monday.