

May-08

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 12:15-1:15 D/F 5:00 - 5:45 B/SD 6:00 - 7:00 B/SD 7:30 - 8:30 B/SD	2 6:30 - 7:15 MMA 5:00 - 5:45 D/B 6:00 - 6:45 B/SD	3 8:30 - 9:30 D/F 9:35 - 10:30 D/F 10:30 - 11:15 D/F
5 5:00 - 5:45 D/B 5:50 - 6:40 D/F 6:45 - 7:30 D/F 7:40 - 8:45 D/F	6 12:15 - 1:15 D/F 5:00 - 5:45 G/W 6:00 - 7:00 G/W 7:15 - 8:30 D/F	7 6:30 - 7:15am MMA 5:00 - 5:45 D/B 5:50 - 6:40 S 6:45 - 7:30 S 7:40 - 8:45 S	8 12:15-1:15 D/F 5:00 - 5:45 D/F 6:00 - 7:00 D/F 7:30 - 8:30 D/F	9 6:30 - 7:15 MMA 5:00 - 5:45 B/SD 6:00 - 6:45 D/F	10 8:30 - 9:30 D/B/SD 9:35 - 10:30 B/SD 10:30 - 11:15 S
12 5:00 - 5:45 D/F 5:50 - 6:40 S 6:45 - 7:30 S 7:40 - 8:45 S	13 12:15 - 1:15 D/F 5:00 - 5:45 B/SD 6:00 - 7:00 S 7:15 - 8:30 D/F	14 6:30 - 7:15am MMA 5:00 - 5:45 D/F 5:50 - 6:40 D/F 6:45 - 7:30 D/F 7:40 - 8:45 D/F	15 12:15-1:15 D/F 5:00 - 5:45 G/W 6:00 - 7:00 G/W 7:30 - 8:30 G/W	16 6:30 - 7:15 MMA 5:00 - 5:45 GW 6:00 - 6:45 S	17 8:30 - 9:30 D/F 9:35 - 10:30 D/B 10:30 - 11:15 B/SD
19 5:00 - 5:45 B/SD 5:50 - 6:40 B/SD 6:45 - 7:30 B/SD 7:40 - 8:45 B/SD	20 12:15 - 1:15 D/F 5:00 - 5:45 D/B 6:00 - 7:00 B/SD 7:15 - 8:30 D/F	21 6:30 - 7:15am MMA 5:00 - 5:45 G/W 5:50 - 6:40 G/W 6:45 - 7:30 G/W 7:40 - 8:45 G/W	22 12:15-1:15 D/F 5:00 - 5:45 S 6:00 - 7:00 S 7:30 - 8:30 S	23 6:30 - 7:15 MMA 5:00 - 5:45 D/F 6:00 - 6:45 B/SD	24 CLOSED
26 CLOSED	27 12:15 - 1:15 D/F 5:00 - 5:45 D/F 6:00 - 7:00 D/F 7:15 - 8:30 D/F	28 6:30 - 7:15am MMA 5:00 - 5:45 B/SD 5:50 - 6:40 B/SD 6:45 - 7:30 B/SD 7:40 - 8:45 B/SD	29 12:15-1:15 D/F 5:00 - 5:45 I/C 6:00 - 7:00 I/C 7:30 - 8:30 I/C	30 6:30 - 7:15 MMA 5:00 - 5:45 I/C 6:00 - 6:45 I/C	31 8:30 - 9:30 D/F 9:35 - 10:30 I/C 10:30 - 11:15 I/C

D- DRILLS

G/W- GROUND WORK

B- BAGS

SD- SELF DEFENSE

F- FORMS

S- SPARRING

CS- CORE STRENGTHENING

MMA-MIXED MARTIAL ARTS

I/C- INSTRUCTORS CHOICE

PLEASE SEE WEBSITE WWW.MERCERACADEMYOFMA.COM OR BULLETIN BOARD FOR ADDITIONAL INFORMATION