

WESTERLY GYM: CURRENT SCHEDULE

Color Key: **Private** / **Youth** / **Free Military** / **Adult**

All Programs with T. Weissmuller Unless Otherwise Specified

MONDAY

9:00 - 5:00 PM **Private Training (by appointment)**

5:00 - 6:30 PM **Youth Intermediate / Advanced MMA**

6:30 - 7:00 PM **Yoga - Free for Vets & Military**

7:00 - 8:00 PM Submission & MMA Training

8:00 - 8:45 PM MMA Striking / Conditioning

8:45 - 9:00 PM Meditation, Clean

TUESDAY

9:00 - 5:00 PM **Private Training (by appointment)**

5:00 - 7:00 PM Reserved: Karate Training (P. Algier)

7:30 - 8:45 PM **Sport Jiu-jitsu Training (by appointment)**

WEDNESDAY

9:00 - 5:00 PM **Private Training by Appointment**

5:00 - 6:30 PM **Youth Intermediate / Advanced MMA**

6:30 - 7:00 PM **Yoga - Free for Vets & Military**

7:00 - 8:00 PM Submission & MMA Training

8:00 - 8:45 PM MMA Striking / Conditioning

8:45 - 9:00 PM Meditation, Clean

THURSDAY

9:00 - 5:00 PM **Private Training (by appointment)**

5:00 - 7:00 PM Karate Training

7:30 - 8:45 PM **Sparring (by appointment)**

FRIDAY

9:00 - 5:00 PM **Private Training (by appointment)**

5:00 - 6:30 PM **Youth Intermediate / Advanced MMA**

6:30 - 7:00 PM **Yoga - Free for Vets & Military**

7:00 - 8:00 PM Submission & MMA Training

8:00 - 8:45 PM MMA Striking / Conditioning

8:45 - 9:00 PM Meditation, Clean

SATURDAY

8:30 - 9:30 AM **Private Training (by appointment)**

9:30 - 11:00 AM **Eskrima / Eskrido Class (with Amy Koeniger)**