



WORLD TEAM USA - SAN FRANCISCO




2575 Ocean Avenue, San Francisco, CA 94132 (415) 333-3496

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM						Power Fitness (10:30 - 12:00)	
11:30 AM	Brazilian Jiu Jitsu (11:30 - 1:00)		Brazilian Jiu Jitsu (11:30 - 1:00)		Brazilian Jiu Jitsu (11:30 - 1:00)	Power Fitness	
12:30 PM	Brazilian Jiu Jitsu		Brazilian Jiu Jitsu		Brazilian Jiu Jitsu	Mixed Adult Muay Thai	
1:15 PM	Mixed Adult Muay Thai		Mixed Adult Muay Thai		Mixed Adult Muay Thai	Mixed Martial Arts	
2:30 PM	Instructor's Training		Instructor's Training		Elite Mixed Martial Arts		
3:30 PM		Elite Competition		Elite Competition			
4:30 PM	Kids & Family Muay Thai	Elite Competition	Kids & Family Muay Thai	Elite Competition	Kids & Family Muay Thai		
5:30 PM	Junior Muay Thai	Power Conditioning	Junior Muay Thai	Power Conditioning	Junior Competition		
6:30 PM	Cardio Kickboxing Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	Cardio Kickboxing Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	Mixed Adult Muay Thai		
7:30 PM	Mixed Adult Muay Thai	Mixed Adult Muay Thai	Mixed Adult Muay Thai	Mixed Adult Muay Thai	Competition		
8:30 PM	Competition	Open Training	Competition	Open Training			

*Classes and schedule are subject to change at any time

*School is closed on all national holidays

*Please arrive at the studio at least 10 minutes before class starts

 These spaces are for private lessons

*Private Lessons available 6 days a week from 10 AM to 9 PM, by appointment only.

New schedule effective July 2008