

San Diego Combat Academy | 10th Planet San Diego

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength & Conditioning 5:30 - 6:00 AM	Stretching & Mobility 5:30 - 6:00 AM	Strength & Conditioning 5:30 - 6:00 AM	Stretching & Mobility 5:30 - 6:00 AM	Strength & Conditioning 5:30 - 6:00 AM		
10th Planet Jiu Jitsu (All Levels) 6:00 - 7:30 AM	10th Planet Jiu Jitsu (All Levels) 6:00 - 7:30 AM	10th Planet Jiu Jitsu (All Levels) 6:00 - 7:30 AM	10th Planet Jiu Jitsu (All Levels) 6:00 - 7:30 AM			
Kickboxing 6:00 - 7:00 AM	Kickboxing 6:00 - 7:00 AM	Kickboxing 6:00 - 7:00 AM	Kickboxing 6:00 - 7:00 AM	Kickboxing 6:00 - 7:00 AM	Strength & Conditioning 9:00 - 10:00 AM	
Strength & Conditioning 9:00 - 10:00 AM	Boxing (Advanced) 9:00 - 10:00 AM	Strength & Conditioning 9:00 - 10:00 AM	Boxing (Advanced) 9:00 - 10:00 AM	Strength & Conditioning 9:00 - 10:00 AM	Self-Defense Jiu Jitsu 10:00 - 11:00 AM	
10th Planet Jiu Jitsu (All Levels) 10:00 - 11:00 AM	10th Planet Jiu Jitsu (All Levels) 10:00 - 11:00 AM	10th Planet Jiu Jitsu (All Levels) 10:00 - 11:00 AM	10th Planet Jiu Jitsu (All Levels) 10:00 - 11:00 AM	10th Planet Jiu Jitsu (All Levels) 10:00 - 11:00 AM	Boxing 10:00 - 11:00 AM	Kickboxing (Advanced) 10:00 - 11:00 AM
MMA Pro Practice 11:00 AM - 12:00 PM	MMA Wrestling 11:00 AM - 12:00 PM	MMA Pro Practice 11:00 AM - 12:00 PM	MMA Jiu Jitsu 11:00 AM - 12:00 PM		MMA 11:00 AM - 12:00 PM	Kickboxing Sparring 11:00 AM - 12:00 PM
Kickboxing 12:00 - 1:00 PM		Kickboxing 12:00 - 1:00 PM		Kickboxing Sparring 12:00 - 1:00 PM	Kickboxing 12:00 - 1:00 PM	
	Self-Defense Jiu Jitsu 12:00 - 1:00 PM	10th Planet Jiu Jitsu (Women) 12:00 - 1:00 PM	Self-Defense Jiu Jitsu 12:00 - 1:00 PM	Self-Defense Jiu Jitsu 12:00 - 1:00 PM	10th Planet Jiu Jitsu (All Levels) 12:00 - 1:30 PM	
10th Planet Jiu Jitsu (All Levels) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (All Levels) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (All Levels) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (All Levels) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (All Levels) 4:30 - 5:30 PM		
Boxing 4:30 - 5:30 PM	Kickboxing 4:30 - 5:30 PM	Boxing 4:30 - 5:30 PM	Kickboxing 4:30 - 5:30 PM	Striking Sparring 4:30 - 5:30 PM		
MMA 5:30 - 6:30 PM	MMA 5:30 - 6:30 PM	MMA 5:30 - 6:30 PM	MMA 5:30 - 6:30 PM	MMA Sparring 5:30 - 6:30 PM		
10th Planet Jiu Jitsu (Women) 5:30 - 6:30 PM	Wrestling 5:30 - 6:30 PM	Wrestling 5:30 - 6:30 PM	Wrestling 5:30 - 6:30 PM	10th Planet Jiu Jitsu (Women) 5:30 - 6:30 PM		Monday-Friday 5:30am-9pm Saturday 8am-2pm Sunday 10am-12pm
Strength & Conditioning 5:30 - 6:30 PM	Strength & Conditioning (Weight Circuit) 6:30 - 7:00 PM	Strength & Conditioning 5:30 - 6:30 PM	Strength & Conditioning (Weight Circuit) 6:30 - 7:00 PM	Strength & Conditioning 5:30 - 6:30 PM		
10th Planet Jiu Jitsu (Competition) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Advanced) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Advanced) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Advanced) 6:30 - 8:00 PM	10th Planet Jiu Jitsu (Competition) 6:30 - 8:00 PM		
Kickboxing 7:00 - 8:00 PM	10th Planet Jiu Jitsu (Beginner) 6:30 - 8:00 PM	Kickboxing 7:00 - 8:00 PM	10th Planet Jiu Jitsu (Beginner) 6:30 - 8:00 PM	Kickboxing Sparring 7:00 - 8:00 PM		
	Boxing 7:00 - 8:00 PM		Boxing 7:00 - 8:00 PM			