

San Diego Combat Academy | 10th Planet San Diego — Grappling Schedule

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			
Strength & Conditioning 9:00 - 10:00 AM		Strength & Conditioning 9:00 - 10:00 AM		Strength & Conditioning 9:00 - 10:00 AM	Strength & Conditioning 9:00 - 10:00 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	Self-Defense Jiu Jitsu 10:00 - 11:00 AM	
					Wrestling 11:00 AM - 12:00 PM	
					10th Planet Jiu Jitsu (All Levels) 12:00 - 1:30 PM	
				Strength & Conditioning 4:00 - 4:30 PM		
10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM	10th Planet Jiu Jitsu (Fundamentals) 4:30 - 5:30 PM		Monday-Friday 5:30am-9pm Saturday 8am-2pm Sunday 10am-12pm
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		
Strength & Conditioning 6:00 - 6:30 PM	Strength & Conditioning 6:00 - 6:30 PM	Strength & Conditioning 6:00 - 6:30 PM	Strength & Conditioning 6:00 - 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 - 7:30 PM		
	10th Planet Jiu Jitsu (Fundamentals) 6:30 - 8:00 PM		10th Planet Jiu Jitsu (Fundamentals) 6:30 - 8:00 PM			

