

# San Diego Combat Academy | 10th Planet San Diego

## Striking 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		
Kickboxing 6:00 - 7:00 AM	Boxing 6:00 - 7:00 AM	Kickboxing 6:00 - 7:00 AM	Boxing 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		Strength & Conditioning 9:00 - 10:00 AM	Strength & Conditioning 9:00 - 10:00 AM	
					Boxing 10:00 - 11:00 AM	Kickboxing 10:00 - 11:00 AM
	Muay Thai 11:00 AM - 12:00 PM		Muay Thai 11:00 AM - 12:00 PM			Kickboxing Sparring 11:00 AM - 12:00 PM
Kickboxing 12:00 - 1:00 PM	Boxing 12:00 - 1:00 PM	Kickboxing 12:00 - 1:00 PM	Boxing 12:00 - 1:00 PM	Kickboxing 12:00 - 1:00 PM	Kickboxing 12:00 - 1:00 PM	
				Strength & Conditioning 4:00 - 4:30 PM		Monday-Friday 5:30am-9pm Saturday 8am-2pm Sunday 10am-12pm
Boxing 5:00 - 6:00 PM	Kickboxing 5:00 - 6:00 PM	Boxing 5:00 - 6:00 PM	Kickboxing 5:00 - 6:00 PM	Boxing 5:00 - 6:00 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	Striking Sparring 6:00 - 7:00 PM		
Muay Thai 7:00 - 8:00 PM	Boxing 7:00 - 8:00 PM	Muay Thai 7:00 - 8:00 PM	Boxing 7:00 - 8:00 PM			