

## Combat Camp Daily Itinerary\*

Time	Activity
8:00 - 9:00 AM	Early Drop Off (Early Drop off Fee)
9:00 – 9:45 AM	Drop off Time (Free Play)
9:45 – 10:00 AM	Roll Call and Rules for the day
10:00 – 11:00 AM	Muay Thai Class Fundamentals
11:00 – 11:30 AM	Snack Time
11:30 – 12:30 PM	Brazilian Jujitsu Fundamentals
12:30 – 1:30 PM	Fight Study / Scoring
1:30 – 2:00 PM	Lunch
2:00 – 2:15 PM	Mat Chat: Socio-emotional discussions about things like: What is anger? Nutrition education, Dealing with anxiety, How to build endurance, Why is hydration important.
2:15 – 2:30 PM	Rest / Meditation time
2:30 – 3:30 PM	Muay Thai Class
3:30 – 4:00 PM	Pick Up Time
4:00 +	Late Pick-up (Late Pick-up Fee)

Classes are subject to change\*