



ADULT SCHEDULE

www.lashleytraining.com

740-398-7410

Adult Martial Arts (16 and up)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-6:45 am Adult/Teen BJJ	6-7 am Self Defense	6-6:45 am Adult/Teen BJJ	6-7 am Self Defense	6-6:45 am Adult/Teen BJJ	9:30-10:15 am Tourney Prep Karate
9-9:45 am Adult/Teen BJJ	10:00-10:45 am Adult/Teen Karate	9-9:45 am Adult/Teen BJJ	10:00-10:45 am Adult/Teen Karate	9-9:45 am Adult/Teen BJJ	10:30-11:15am Advanced Krav Maga (Invite Only)
12-12:45 pm Open Mat BJJ	12-12:45 pm Open Sparring	12-12:45 pm Open Mat BJJ	12-12:45 pm Open Sparring	10:00-10:45 am Adult/Teen Karate	11 am-12 pm Open Mat BJJ & Open Sparring
6-6:45 pm Krav Maga	6:30-7:15 pm Adult/Teen Karate	6-6:45 pm Krav Maga	6:30-7:15 pm Adult/Teen Karate	12-12:45 pm Open Mat BJJ & Open Sparring	
6:30-7:15 pm Adult/Teen Intro BJJ	6:30-7:15 pm Adult/Teen Advanced BJJ	6:30-7:15 pm Adult/Teen Intro BJJ	6:30-7:15 pm Adult/Teen Advanced BJJ		
	7:15-8 pm Adult/Teen Boxing		7:15-8 pm Adult/Teen Boxing		

Bootcamp

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15 am Bootcamp	9:15-10 am Bootcamp	5:30-6:15 am Bootcamp	9:15-10 am Bootcamp	5:30-6:15 am Bootcamp	9-9:45 am Bootcamp Strength Training
9:15-10 am Bootcamp	5-5:45 pm Bootcamp Strength Training	9:15-10 am Bootcamp	5-5:45 pm Bootcamp Strength Training	9:15-10 am Bootcamp	10-10:45 am Bootcamp
10:15-11 am Bootcamp 55+	6-6:45 pm Bootcamp	10:15-11 am Bootcamp 55+	6-6:45 pm Bootcamp	10:15-11 am Bootcamp 55+	
5-5:45 pm Bootcamp Strength Training		5-5:45 pm Bootcamp Strength Training			
6-6:45 pm Bootcamp		6-6:45 pm Bootcamp			

Cardio Drumming

Saturday	Sunday
8-9 am	9-10 am

*** INSTRUCTORS ARE NOT PRESENT FOR OPEN MAT OR OPEN SPARRING ***