

# SOUTH AUSTIN GYM

## Martial Arts Schedule

\*\*NON-MARTIAL ARTS MEMBERS ARE NOT ALLOWED TO USE THE EQUIPMENT IN THE GROUP EXERCISE ROOM.\*\*

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday		
9:30					Boxing 9:00-10:00		9:30	
10:00					Ezra Charles		10:00	
10:30					Kickboxing		10:30	
11:00					Randy Vera		11:00	
11:30					10:30-12:00		11:30	
12:00		Kickboxing		Kickboxing	OPEN MAT 12:00-CLOSE	Submission Wrest	12:00	
12:30		Randy Vera		Randy Vera				12:30
1:00		12:00 - 1:00		12:00 - 1:00			Jason Carr	1:00
1:30								1:30
4:00							12:00-2:00	2:00
4:30							2:30	
5:00	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu			3:00	
5:30	Ronny Lis	Ronny Lis	Ronny Lis	Ronny Lis			3:30	
6:00	5:00 - 6:30	5:00 - 6:30	5:00 - 6:30	5:00 - 6:30			4:00	
6:30	Kickboxing	Kickboxing	Kickboxing	Kickboxing			4:30	
7:00	Randy Vera	Randy Vera	Randy Vera	Randy Vera			5:00	
7:30	6:30 - 7:30	6:30 - 7:30	6:30 - 7:30	6:30 - 7:30				
7:30		Boxing		Boxing				
8:00		Ezra Charles		Ezra Charles				
8:30		7:30-8:30		7:30-8:30				
9:00								
9:30								
10:00								

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## Group Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30							9:30
10:00					Kettlebell Training Roy Carr 10:00 - 11:00		10:00
10:30							10:30
11:00							11:00
11:30							11:30
12:00	Kettlebell Training		Kettlebell Training				12:00
12:30	Jay Buchanan		Jason Carr				12:30
1:00	12:00-1:00		12:00-1:00				1:00
1:30							1:30
4:00							
4:30							
5:00							
5:30							
6:00	Kettlebell Training	Kettlebell Training		Kettlebell Training			
6:30	Jay Buchanan	Jason Carr		Roy Carr			
7:00	6:00-7:00	6:00-7:00		6:00-7:00			
7:30							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							