

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45	<b>Cross PIT</b> (Adults)		<b>Cross PIT</b> (Adults)		<b>Cross PIT</b> (Adults)	
9:00-10:00	<b>Fitness Kickboxing</b> (Adults)	<b>Fitness Kickboxing</b> (Adults)	<b>Fitness Kickboxing</b> (Adults)	<b>Fitness Kickboxing</b> (Adults)	<b>Fitness Kickboxing</b> (Adults)	
10:00-10:45	<b>Tai Chi</b>					<b>Pit Old School</b> (Teacher-PIT MASTER) ELITE 10am-1130am
1:00-3:30	<b>Open Mat</b>	<b>Open Mat</b>	<b>Open Mat</b>	<b>Open Mat</b>	<b>Open Mat</b>	<b>Fitness Kickboxing</b> 11:30-12:30 <b>Open Mat</b> 12:30-2:00
	PIT PeeWees are ages 3-6		PIT Kids are ages 7-14			
	<b>805.473.2500</b>		<b>WWW.THEPIT.TV</b>			
3:30-4:00					<b>PIT Pee Wees</b>	
4:15-5:00		<b>PIT Kids</b> Level I		<b>PIT Kids</b> Level I	<b>PIT Pee Wees</b> 4:00-4:30	
4:45-5:30	<b>PIT Kids</b> Level II	<b>PIT Pee Wees</b> 5:00-5:30	<b>PIT Kids</b> Level II	<b>PIT Pee Wees</b> 5:00-5:30	<b>Kids PIT-Jitsu</b> 4:45-5:30 (Ultimate Club)	
5:30-6:15	<b>PIT Kids</b> Level III	<b>Fitness Kickboxing</b> (Adults)	<b>Pit Kids</b> Level III	<b>Fitness Kickboxing</b> (Adults)	<b>Kids Tech. Sparring</b> 5:30-6:00 (Ultimate Club)	
6:15-7:15	<b>PIT Adults</b> <b>Physical Training</b> & <b>Belt Techniques</b> Level III	<b>PIT Adults</b> <b>Physical Training</b> & <b>Belt Techniques</b> Level I	<b>PIT Adults</b> <b>Physical Training</b> & <b>Belt Techniques</b> Level III	<b>PIT Adults</b> <b>Physical Training</b> & <b>Belt Techniques</b> Level I	<b>Kids Sparring</b> 6:00-6:30 <b>Adult Cross PIT</b> 6:30-7:00 CrossFit/ THE PIT (Ultimate Club)	
7:15-8:15	<b>PIT Adults</b> <b>Physical Training</b> & <b>Belt Techniques</b> Level IV	<b>PIT Adults</b> <b>Physical Training</b> & <b>Belt Techniques</b> Level II	<b>PIT Adults</b> <b>Physical Training</b> & <b>Belt Techniques</b> Level IV	<b>PIT Adults</b> <b>Physical Training</b> & <b>Belt Techniques</b> Level II	<b>Adult Tech. Sparring</b> 7:00-7:30 (Ultimate Club)	
8:15-9:00	<b>UFC Camp</b> (Elite Club)	<b>UFC Camp</b> (Elite Club)	<b>Adult PIT-Jitsu</b> (Elite Club)	<b>Adult PIT-Jitsu</b> (Elite Club)	<b>Adult Sparring</b> 7:30-8:00 <b>Open Mat</b> 8:00-8:30	