



Lloyd Irvin Mixed Martial Arts Combat Athlete Programs

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TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM	MMA Fight Team & Instructor Training Combat Athlete Room	CAP MMA Mat 2	MMA Fight Team & Instructor Training Combat Athlete Room	CAP MMA Mat 2	MMA Fight Team & Instructor Training Combat Athlete Room	CAP BJJ (Intermediate) Mat 1	OPEN MAT (Medal Chasers) + (Pro Fighters) + (ALL CAP) Main MAT
10:30 AM	CAP BJJ (Intermediate) Main Mat	Back Attacks w/ Spider Man (Medal Chasers) + (CAP Gold) Main Mat	CAP BJJ (Intermediate) Main Mat	Back Attacks w/ Spider Man (Medal Chasers) + (CAP Gold) Main Mat	CAP Wrestling Main Mat	CAP MMA Mat 3	
11:30 AM		CAP BJJ (Blue Belt & Above) Main Mat	CAP BJJ (Intermediate) Main Mat	CAP BJJ (Blue Belt & Above) Main Mat	CAP BJJ Intermediate Main Mat	CAP Judo Mat 2	
11:30 AM	CAP BJJ (Blue Belt & Above) Main Mat	Strength & Conditioning (Medal Chasers) + (Pro Fighters) VIP Private Area	CAP BJJ (Blue Belt & Above) Main Mat	Strength & Conditioning (Medal Chasers) + (Pro Fighters) VIP Private Area		12:00-1:00 PM 40 and UP MMA Mat 3	
4:30 PM	Medal Chasers (VIP Invite Only) VIP Private Area	Medal Chasers (VIP Invite Only) VIP Private Area	Medal Chasers (VIP Invite Only) VIP Private Area	Medal Chasers (VIP Invite Only) VIP Private Area		12:00-2:00 PM Competition Team (Invite Only) Main Mat	
5:30 PM	CAP Wrestling Combat Athlete Room	Cap Wrestling Combat Athlete Room	Cap Wrestling Combat Athlete Room	Cap Wrestling Combat Athlete Room		NOTES: All the LIMMA instructors are available for Private Lessons – either one on one or in small groups up to 4 people. Ask staff for more information. All students must attend class on time, with their equipment, and with proper uniform (LIMMA Shirt and Black Shorts). If you choose to wear wrestling shoes, do not use your wrestling shoes on the street – only for the mats. Please maintain good hygiene before class (shower, clean shirt, short nails, etc.)	
6:00 PM	CAP BJJ (Intermediate) Mat 2		CAP BJJ (Intermediate) Mat 2		Take Down, Pass and Submit Mat 1		
7:00 PM		CAP MMA Mat 1	CAP MMA Mat 1	CAP BJJ (Intermediate) Mat 1			
7:30 PM	Funky Guard, Slick Sweeps, Sick Submissions CAP Gold Mat 2	CAP BJJ (Intermediate) Mat 1	CAP Judo Mat 2	CAP MMA Mat 2			
		CAP MMA Mat 2	Mike Fowlers Unstoppable Sweep CAP Gold Mat 3	CAP MMA Mat 2			
7:45 PM			40 and Up BJJ Mat 3	Cap Judo Mat 3			
8:30 PM	CAP BJJ (Blue Belt & Above) Main Mat	CAP BJJ (Blue Belt & Above) Main Mat	CAP BJJ (Blue Belt & Above) Main Mat	CAP BJJ (Blue Belt & Above) Main Mat			