

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Olympic Weight Lifting 6:00am-7:00am	BJJ Intermediate+ 6:00am-7:00am	BJJ Intermediate+ 7:30am-8:30am	BJJ Intermediate+ 6:00am-7:00am	BJJ Intermediate+ 7:30am-8:30am	Youth Judo 9:00am-9:50am	Open Mat Women's BJJ 11:00am-12:00pm
BJJ Intermediate+ 7:30am-8:30am	BJJ Beginner 7:00am-8:00am	MMA Beginner 8:00am-9:00am	BJJ Beginner 7:00am-8:00am	BJJ Beginner 10:00am-11:00am	Boxing All Levels 10:00am-11:00am	Open Mat BJJ 11:00am - 1:00pm
MMA Beginner 8:00am-9:00am	Muay Thai All Levels 8:00am-9:00am	BJJ Beginner 10:00am-11:00am	Muay Thai All Levels 8:00am-9:00am	BJJ Intermediate+ 11:00am-12:00pm	Fitness Bootcamp 10:00am-11:00am	
BJJ Beginner 10:00am-11:00am	Muay Thai All Levels 10:00am-11:00am	BJJ Intermediate+ 11:00am-12:00pm	Muay Thai All Levels 10:00am-11:00am	Fitness Strength & Conditioning 5:00pm-6:00pm	BJJ Beginner 10:00am-11:00am	
BJJ Intermediate+ 11:00am-12:00pm	BJJ Beginner 11:00am-12:00pm	MMA Advanced Session 1 5:00pm-5:40pm	BJJ Beginner 11:00am-12:00pm	Judo All Levels 5:00pm-5:50pm		
Judo All Levels 5:00pm-5:50pm	BJJ NoGi Intermediate+ 12:00pm-1:00pm	Youth NoGi BJJ 8-15 years old 5:00pm-5:50pm	BJJ NoGi Intermediate+ 12:00pm-1:00pm	MMA Advanced Session 1 5:00pm-5:40pm		
MMA Advanced Session 1 5:00pm-5:40pm	Boxing All Levels 5:00pm-5:50pm	BJJ Beginner 6:00pm-7:00pm	Boxing All Levels 5:00pm-5:50pm	Youth Muay Thai 5:00pm-5:50pm		
Youth Muay Thai 5:00pm-5:50pm	Youth BJJ 5-7 years old 5:00pm-5:50pm	Krav Maga Weapons 6:00pm-6:50pm	Youth BJJ 5-7 years old 5:00pm-5:50pm	Boxing All Levels 6:00pm-7:00pm	 RONINTC <u>Front Desk Hours</u> Monday: 7:30am-8:00pm Tuesday: 7:30am-8:00pm Wednesday: 7:30am-8:00pm Thursday: 7:30am-8:00pm Friday: 7:30am-7:00pm Saturday: 10am-1:00pm Sunday: 10am-1:00pm Address: 1012 W 3rd Ave Columbus, OH 43212 www.ronintrainingcenter.com Phone: 614-565-3787 Email:Info@ronintrainingcenter.com	
BJJ Beginner 6:00pm-7:00pm	Youth BJJ 8-15 years old 5:00pm-5:50pm	MMA Advanced Session 2 6:00pm-6:40pm	Youth BJJ 8-15 years old 5:00pm-5:50pm	BJJ Women Only 6:00pm-7:00pm		
Krav Maga All Levels 6:00pm-6:50pm	Fitness CrossFit-ish 6:00pm-7:00pm	Muay Thai Beginner 6:00pm-6:30pm	Fitness CrossFit-ish 6:00pm-7:00pm	MMA Advanced Session 2 6:00pm-6:40pm		
MMA Advanced Session 2 6:00pm-6:40pm	BJJ Beginner 6:00pm-7:00pm	Muay Thai All Levels 6:30pm-8:00pm	BJJ Beginner 6:00pm-7:00pm	Krav Maga All Levels 6:00pm-6:50pm		
Muay Thai Beginner 6:00pm-6:30pm	BJJ Intermediate+ 6:00pm-7:00pm	Krav Maga All Levels 7:00pm-7:50pm	BJJ Intermediate+ 6:00pm-7:00pm	Krav Maga Impact *1st & 3rd Fri 7:00pm-7:50pm		
Muay Thai All Levels 6:30pm-8:00pm	Muay Thai All Levels 6:00pm-6:50pm	BJJ Intermediate/Advanced 7:10pm-8:30pm	Muay Thai All Levels 6:00pm-6:50pm	BJJ The Legion Project 7:00pm-8:00pm		
Krav Maga Fundamentals 7:00pm-7:50pm	Muay Thai All Levels 7:00pm-7:50pm	Fitness Core Crush 7:15pm-8:00pm	Muay Thai All Levels 7:00pm-7:50pm			
BJJ Intermediate/Advanced 7:10pm-8:30pm	MMA Beginner 7:10pm-7:50pm		MMA Beginner 7:10pm-7:50pm			
Fitness HIIT 7:15pm-8:00pm	BJJ NoGi Intermediate + 7:20pm-8:20pm		BJJ NoGi Intermediate + 7:20pm-8:20pm			

Open Gym Members Only 7:30am-4:00pm	Open Gym Members Only 7:30am-4:00pm	Open Gym Members Only 7:30am-4:00pm	Open Gym Members Only 7:30am-4:00pm	Open Gym Members Only 7:30am-4:00pm	Open Gym Members Only 11:30am-1:00pm	Open Gym Members Only 11:30am-1:00pm
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*Personal gym use during open gym hours is not permitted in areas during class time