

940 Brock Rd, Unit 7
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Hours of Operation

Monday 11am - 10pm
Tuesday 11am - 8pm
Wednesday 11am - 10pm
Thursday 11am - 9pm
Friday 11am- 8pm
Saturdays 11am - 2pm
Sundays 11am - 3:30pm

SUN	MON	TUE	WED	THU	FRI	SAT
11:00 Jr. Kids Muay Thai						11:00 Kids Boxing
12:00 Kids Jiu-Jitsu	12:00 Kettlebell	12:00 Strength & Conditioning	12:00 Muay Thai	12:00 Strength & Conditioning	12:00 Muay Thai	12:00 Strength & Conditioning
12:00 Kids Kettlebell						12:00 Boxing: Sparring
1:30 Sr. Kids Muay Thai	1:00 Muay Thai		1:00 Muay Thai		1:00 Muay Thai	1:00 Muay Thai
2:30 Muay Thai						
OPEN MAT						
			5:00 Kids Jiu-Jitsu			
	6:00 Strength & Conditioning	6:00 Kids Jiu-Jitsu	6:00 Muay Thai	6:00 Strength & Conditioning	6:00 Kettlebell	6:00 Jr Kids Muay Thai
				6:00 Boxing		
	7:00 Muay Thai	7:00 Boxing	7:00 Muay Thai	7:00 Muay Thai	7:00 Muay Thai	7:00 Sr. Kids Muay Thai
	8:00 BJJ		8:00 BJJ	8:00 Muay Thai Technique/Sparring		