

940 Brock Rd, Unit 7
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Hours of Operation

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

SUN		MON		TUE		WED		THU		FRI		SAT	
11:00 Jr. Kids Muay Thai												10:00 Boxing BootCamp	
12:15 Kids Jiu-Jitsu	12:30 Muay Thai	12:00 Strength & Conditioning		12:00 Muay Thai		12:00 Strength & Conditioning		12:00 Muay Thai		12:00 Strength & Conditioning		11:00 Kids Boxing	
1:30 Teen/Adult Japanese Jiu-Jitsu Open Matt	1:30 SR. Kids Muay Thai	1:00 Muay Thai				1:00 Muay Thai				1:00 Muay Thai		12:00 Boxing: Sparring	
		OPEN MAT 2-6PM		OPEN MAT 2-6PM		OPEN MAT 2-6PM		OPEN MAT 2-6PM		OPEN MAT 2-6PM		1:00 Muay Thai	
						5:00 Kids Jiu-Jitsu							
		6:00 Strength & Conditioning		6:00 Kids Jiu-Jitsu	6:00 Muay Thai	6:00 Strength & Conditioning	6:00 Sr. Kids Muay Thai	6:00 Jr Kids Muay Thai		6:00 Boxing			
		7:00 Kids Competitive Jiu-Jitsu	7:00 MuayThai	7:15 Teen/Adult Japanese Jiu-Jitsu Open Matt	7:00 Boxing	7:00 Muay Thai		7:00 Muay Thai Technique & Sparring		7:00 Sr. Kids Muay Thai			
		8:00 BJJ	8:00 Boxing	8:00 Advanced Boxing		8:00 BJJ		8:00 Beginner BJJ					