

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 - 2:30pm
Sundays 11am -2:30pm

SUN		MON		TUE		WED		THU		FRI		SAT	
11:00-11:45 Jr. Kids Muay Thai													
12:15 Kids Jiu-Jitsu	12:00 Muay Thai	12:00 Muay Thai		12:00 Muay Thai		12:00 Muay Thai		12:00 Muay Thai		12:00 Muay Thai		11:00-11:45 Kids Boxing	
1:30 Teen/Adult Japanese Jiu-Jitsu	1:15-2:00 SR. Kids Muay Thai											12:00 Boxing	
		1:30PM - 5:30PM PERSONALS ONLY		1:30PM - 5:30PM PERSONALS ONLY		1:30PM - 5:30PM PERSONALS ONLY		1:30PM - 5:30PM PERSONALS ONLY		1:30PM - 5:30PM PERSONALS ONLY		1:15 Muay Thai	
						5:00 Kids Jiu-Jitsu							
		6:00 - 6:45 SR KIDS Muay Thai		6:00 - 6:45 JR KIDS Muay Thai		6:15 Kids Jiu-Jitsu		6:00 - 6:45 SR KIDS Muay Thai		6:00 - 6:45 JR KIDS Muay Thai		6:00 - 6:45 SR KIDS Muay Thai	
		7:00 Muay Thai		7:00 Boxing		7:30 Teen/Adult Japanese Jiu-Jitsu		7:00 Muay Thai		7:00 Muay Thai		7:00 Boxing	
		8:00 BJJ		8:15 Boxing		8:15 Muay Thai		8:00 BJJ		8:00 Beginner BJJ			