



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00am								
12:00pm	Strength & Conditioning	Strength & Conditioning	Muay Thai All Levels	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Kettle Bells	
1:00pm	Boxing All Levels	Muay Thai All Levels		Muay Thai All Levels		Muay Thai All Levels	Muay Thai All Levels	
2:00pm	<b>OPEN MAT</b>							
3:00pm								
4:00pm								
5:00pm		Kids Muay Thai	Kids Brazilian Jiu Jitsu	Kids Muay Thai	Kids Brazilian Jiu Jitsu	Kids Muay Thai		
6:00pm		Strength & Conditioning	Strength & Conditioning	Kettle Bells	Strength & Conditioning	Muay Thai All Levels		
7:00pm		Muay Thai All Levels	Muay Thai All Levels	Muay Thai Beginner Level & Intermediate Drills	Muay Thai All Levels			
8:00pm		White Level Muay Thai Drills/Sparring	Brazilian Jiu-Jitsu 8:00pm	MMA Drills/Sparring	Brazilian Jiu-Jitsu 8:00pm			
			Boxing All Levels 8:00pm		Boxing All Levels 8:00pm			
9:00pm								
10:00pm								

Hours of Operation:  
 Mon to Thurs 6:00 am to 10:00 pm  
 Friday 6:00 am to 8:00 pm  
 Sat and Sun 8:00 am to 4:00 pm

\*\*\*Class schedule is subject to change\*\*\*

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