



# CLASS SCHEDULE

AS OF 02/11/2020

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
		MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	
DAY CLASSES	8:00AM													
	8:30AM		OPEN GYM			OPEN GYM	FITNESS AFTER 50			OPEN GYM	FITNESS AFTER 50		OPEN GYM	
	9:00AM	ADULT KICKBOXING	OPEN GYM			ADULT KICKBOXING	OPEN GYM			ADULT KICKBOXING	OPEN GYM		STRENGTH & CONDITIONING	
	9:30AM													
	10:00AM													
	10:30AM												KIDS KICKBOXING	
	11:00AM												ADULT KICKBOXING	KIDS BJJ
	11:30AM													
	12:00PM													ADULT BJJ
12:30PM														
EVENING CLASSES	4:00PM			ADULT BOXING										
	4:30PM													
	5:00PM	KIDS BJJ		KIDS KICKBOXING	WOMENS FITBOX	KIDS BJJ		KIDS KICKBOXING						
	5:30PM										STRENGTH & CONDITIONING			
	6:00PM		STRENGTH & CONDITIONING	TEEN KICKBOXING	NO GI ADULT BJJ		STRENGTH CLASS	TEEN KICKBOXING	WOMENS FITBOX	ADULT BOXING				
	6:30PM													
	7:00PM	ADULT KICKBOXING			STRENGTH & CONDITIONING	ADULT KICKBOXING			STRENGTH & CONDITIONING	ADULT BJJ FUNDAMENTALS				
	7:30PM		ADULT BJJ	ADULT INT. / ADV. KICKBOXING			ADULT BJJ	ADULT INT. / ADV. KICKBOXING						
	8:00PM	ADULT KICKBOXING FUNDAMENTALS												
	8:30PM					ADULT KICKBOXING FUNDAMENTALS								
	9:00PM							SPARRING						
	9:30PM													

\* WEIGHT ROOM - FREE TO USE DURING OPEN HOURS EXCEPT DURING STRENGTH & CONDITIONING CLASSES\*