


		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												
	9:00AM			OPEN GYM				OPEN GYM				STRENGTH & CONDITIONING	
	9:30AM	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM				KIDS KICKBOXING	KIDS BJJ
	10:00AM	OPEN GYM				OPEN GYM							
	10:30AM												
	11:00AM											KICKBOXING	
	11:30AM											KICKBOXING	
EVENING CLASSES	4:00PM												
	4:30PM	OPEN GYM				OPEN GYM							
	5:00PM	KIDS BJJ		KIDS KICKBOXING AGES 6-12	OPEN GYM	KIDS BJJ		KIDS KICKBOXING AGES 6-12	OPEN GYM	OPEN GYM			
	5:30PM												
	6:00PM	BOXING	STRENGTH & CONDITIONING	TEEN KICKBOXING	STRENGTH & CONDITIONING	BOXING	STRENGTH & CONDITIONING	TEEN KICKBOXING	STRENGTH & CONDITIONING	BOXING	BJJ OPEN TRAINING		
	6:30PM												
	7:00PM	KICKBOXING	GI BJJ	KICKBOXING	GI BJJ	KICKBOXING	NO GI BJJ	KICKBOXING	NO GI BJJ				
	7:30PM												
	8:00PM							SPARRING					
	8:30PM												

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