

CLASS SCHEDULE

AS OF JUNE 23, 2025

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		MAT 1	MAT2	MAT 1	MAT2	MAT 1	MAT2	MAT 1	MAT2	MAT 1	MAT2	MAT 1	MAT2
DAYCLASSES	8:00AM												
	8:30AM												
	9:00AM											STRENGTH & CONDITIONING	
	9:30AM											o menani a condinomia	
	10:00AM											KIDS	KIDS BJJ
	10:30AM											KICKBOXING	1400 033
	11:00AM											KICKBOXING	
	11:30AM												
EVENING CLASSES													
	4:00PM												
	4:30PM	OPEN GYM				OPEN GYM							
	5:00PM	KIDS BJJ		KIDS Kickboxing	OPEN GYM	YM KIDS BJJ		KIDS Kickboxing	OPEN GYM	OPEN GYM			
	5:30PM			AGES 6-12	OI LIN UTIM			AGES 6-12	OI EN UTW				
	6:00PM	BOXING	STRENGTH &	TEEN	STRENGTH &	BOXING	STRENGTH &	TEEN	STRENGTH &	BOXING	BJJ OPEN		
	6:30PM	DUMINU	CONDITIONING	KICKBOXING	CONDITIONING	DUAINU	CONDITIONING	KICKBOXING	CONDITIONING	DUAINU	TRAINING		
	7:00PM	KICKBOXING	GI BJJ	KICKBOXING	NO GI BJJ	KICKBOXING	NO GI BJJ	SPARRING	MMA				
	7:30PM											7	-
	8:00PM												
	8:30PM												

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