


		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		MAT1	MAT2	MAT1	MAT2	MAT1	MAT2	MAT1	MAT2	MAT1	MAT2	MAT1	MAT2
DAY CLASSES	8:00AM												
	8:30AM												
	9:00AM											STRENGTH & CONDITIONING	
	9:30AM												
	10:00AM											KIDS KICKBOXING	KIDS BJJ
	10:30AM												
	11:00AM											KICKBOXING	
	11:30AM												
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	NO GI BJJ	KICKBOXING	NO GI BJJ	SPARRING	MMA				
	7:30PM												
	8:00PM												
	8:30PM												

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