

		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			FITNESS FOR LIFE	OPEN GYM			FITNESS FOR LIFE	OPEN GYM				OPEN GYM	
	8:30AM	OPEN GYM								OPEN GYM				
	9:00AM											STRENGTH & CONDITIONING		
	9:30AM													
	10:00AM											KIDS KICKBOXING	KIDS BJJ	
	10:30AM													
	11:00AM												KICKBOXING	GI BJJ
	11:30AM													
EVENING CLASSES	4:00PM			OPEN GYM				OPEN GYM						
	4:30PM	OPEN GYM		KIDS KICKBOXING - AGES 5-7		OPEN GYM		KIDS KICKBOXING - AGES 5-7		OPEN GYM				
	5:00PM	KIDS BJJ		KIDS KICKBOXING AGES 8-12		KIDS BJJ		KIDS KICKBOXING AGES 8-12						
	5:30PM													
	6:00PM	BOXING	STRENGTH & CONDITIONING	TEEN KICKBOXING	STRENGTH & CONDITIONING	MMA STRIKING	STRENGTH & CONDITIONING	TEEN KICKBOXING	STRENGTH & CONDITIONING	BOXING	MMA GRAPPLING			
	6:30PM													
	7:00PM	KICKBOXING	GI BJJ	KICKBOXING	WOMENS BOXFIT	KICKBOXING	NO GI BJJ	KICKBOXING	WOMENS BOXFIT					
	7:30PM													
	8:00PM			NO GI BJJ				GI BJJ						
	8:30PM													

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