

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

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