

TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Teens Boxing 4:45 - 5:30 PM		Teens Boxing 4:45 - 5:30 PM		Teens Boxing 4:45 PM	Strength & Conditioning Fitness 9:30 - 10:45 PM
Kids BJJ - GI 4:45 - 5:30 PM	Strength & Conditioning Fitness 4:45 - 5:45 PM	Kids BJJ - GI 4:45 - 5:30 PM	Strength & Conditioning Fitness 4:45 - 5:45 PM	Kids BJJ - GI 4:45 - 5:30 PM	
Kids Boxing 5:30 - 6:15 PM	Kids Muay Thai / MMA 4:45 - 5:30 PM	Kids Boxing 5:30 - 6:15 PM	Kids Muay Thai / MMA 4:45 - 5:30 PM	Kids Boxing 5:30 - 6:15 PM	
Teens BJJ - GI 5:30 - 6:15 PM	Adults & Teens Thai / MMA 5:30 - 6:15 PM	Teens BJJ - GI 5:30 - 6:15 PM	Adults & Teens Thai / MMA 5:30 - 6:15 PM	Teens BJJ - GI 5:30 - 6:15 PM	
Adults Boxing 6:15 - 7:15 PM	Kids Wrestling 6:15 - 7:15 PM	Adults Boxing 6:15 - 7:15 PM	Kids Wrestling 6:15 - 7:15 PM	Adults Boxing 6:15 - 7:15 PM	
MEN BJJ - No GI (Fundamentals) 7:30 - 8:30 PM	Adults Wrestling Freestyle + Greco 7:15 - 8:15 PM	MEN BJJ - No GI (Fundamentals) 7:30 - 8:30 PM	Adults Wrestling Freestyle + Greco 7:15 - 8:15 PM	MEN BJJ - No GI (Comp Rounds) 7:30 - 8:30 PM	