

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time						
6am – 7am	A.M. Fitness	A.M. Fitness	A.M. Fitness	A.M. Fitness	A.M. Fitness	Strength & Conditioning (All Levels) 9:00am – 10:00am
7am – 8am		MMA (All Levels)		MMA (All Levels)		
10am – 11am						Kid's BJJ 8+ (Mat 1) Kid's Muay Thai (Mat 2)
11am – 12pm	Women's Fitness		Women's Fitness		Strength & Conditioning (All Levels)	BJJ Open Training 11:00am – 1:00pm
12pm – 1pm	GI BJJ (All Levels)	Women's Fitness	NOGI BJJ (All Levels)	Women's Fitness	BJJ Open Training (All Levels)	Muay Thai (All Levels) 11:00am – 12:00pm
1pm – 2pm			Boxing (Advanced) 4:00pm – 5:00pm		Boxing (All Levels) 4:00pm – 5:00pm	Wrestling (All Levels) 12:00pm – 1:00pm
5pm – 6pm (Mat 1)	Muay Thai: Pads (All Levels)	Kid's GI BJJ (5+)	Women's Fitness	Kid's GI BJJ (5+)	Women's Fitness	
5pm – 6pm (Mat 2)	Strength & Conditioning (All Levels)	Kid's Muay Thai	MMA (All Levels)	Kid's Muay Thai Judo (All Levels)	MMA (All Levels)	
6pm – 7pm (Mat 1)	NOGI BJJ (All Levels)	GI BJJ (Fundamentals)	NOGI BJJ (All Levels)	GI BJJ (Fundamentals)		
6pm – 7pm (Mat 2)	Boxing (All Levels)	Muay Thai (Fundamentals)	Strength & Conditioning (All Levels)	Muay Thai (Fundamentals)		
7pm – 8pm (Mat 1)	BJJ Open Mat	Women's Fitness	BJJ GI (INT/ADV)	Women's Fitness		
7pm – 8pm (Mat 2)	Judo (All Levels)	Muay Thai (INT / ADV) (7:00pm – 8:30pm)	Muay Thai (All Levels)	Muay Thai (INT / ADV) (7:00pm – 8:30pm)		
8pm - 9pm		Muay Thai (Sparring) (8:30pm – 9:00pm)		Muay Thai (Sparring) (8:30pm – 9:00pm)		



***All Classes are included with membership ***

*** Please inquire about Semi/Private Training ***