



| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|-------------------------|----------------------------|-------------------------|----------------------------|-------------------------|----------------------------|
| 6:30am | Kickboxing/HIIT | | Kickboxing/HIIT | | Kickboxing/HIIT | |
| 9:00am | | | | | | Fitness Kickboxing |
| | | | | | | Kidzilians No Gi Grappling |
| 10:00am | BJJ (all levels) | Kickboxing (All Levels) | BJJ (all levels) | Kickboxing (All Levels) | | No Gi Grappling |
| | | | | | | Kickboxing (all levels) |
| 11:00am | No Gi Grappling | | No Gi Grappling | | | Advanced Sparring |
| | MuayThai | | | | | BJJ (all levels) |
| 12:00pm | | | Muay Thai | | | |
| 4:30pm | Fitness Kickboxing | | Fitness Kickboxing | | | |
| | Kidzilians BJJ | Kidzilians Kickboxing | Kidzilians BJJ | Kidzilians No Gi Grappling | | |
| 5:30pm | No Gi Grappling | MMA Fundamentals | No Gi Grappling | MMA Fundamentals | Kickboxing (All Levels) | |
| | Kidzilians Kickboxing | Kidzilians No Gi Grappling | Kidzilians MMA | Kidzilians Kickboxing | Kidzilians BJJ | |
| 6:30pm | Kickboxing (All Levels) | Boxing Fundamentals | Kickboxing (All Levels) | Boxing Fundamentals | Open Gym (members only) | |
| | BJJ (beginners) | BJJ (beginners) | BJJ (beginners) | BJJ (beginners) | BJJ (all levels) | |
| | Women's BJJ | Stength & Conditioning | Women's BJJ | Stength & Conditioning | | |
| | | | | | | |
| 7:30pm | Kickboxing (beginners) | Kickboxing (beginners) | Kickboxing (beginners) | Kickboxing (beginners) | | |
| | BJJ (advanced) | BJJ (advanced) | BJJ (advanced) | Comp Team BJJ | | |