

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Kickboxing/HIIT		Kickboxing/HIIT		Kickboxing/HIIT		Gym Closed
9:00 AM						Fitness Kickboxing	
						Kidzilians No Gi Grappling	
10:00 AM	BJJ (all levels)	Kickboxing	BJJ (all levels)	Kickboxing		No Gi Grappling	
						Fitness Kickboxing	
						Kidzilians Competition Team Training***	
11:00 AM	No Gi Grappling		No Gi Grappling			Advanced Student/PRO Sparring	
	Muay Thai					BJJ (all levels)	
12:00 PM			Muay Thai				
4:30 PM	Kidzilians BJJ	Kidzilians No Gi Grappling	Kidzilians BJJ	Kidzilians No Gi Grappling	Kidzilians Kickboxing		
	Fitness Kickboxing		Fitness Kickboxing				
5:30 PM	Kidzilians Kickboxing	Kidzilians No Gi Grappling	Kidzilians MMA	Kidzilians Kickboxing	Kidzilians Advanced MMA**		
	No Gi Grappling	Advanced Student MMA**	No Gi Grappling	Advanced Student MMA**	No Gi Grappling		
6:30 PM	Level 2 Kickboxing	Boxing Fundamentals	Level 2 Kickboxing	Level 2 Kickboxing (sparring)	Level 2 Kickboxing		
	BJJ (beginner)	Kidzilians Intro to kickboxing	BJJ (beginner)	Kidzilians Intro to kickboxing	BJJ (all levels)		
	Women's BJJ	BJJ (beginner)	Women's BJJ				
		Strength and Conditioning		Strength and Conditioning			
7:30 PM	Level 1 Kickboxing	Level 1 Kickboxing	Level 1 Kickboxing	Level 1 Kickboxing			
	BJJ (advanced)	BJJ (advanced)	BJJ (advanced)	Comp Team BJJ			