

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	Kickboxing/HIIT		Kickboxing/HIIT		Kickboxing/HIIT	
9:00am						Fitness Kickboxing
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			
5:30pm	No Gi Grappling	MMA Fundamentals	No Gi Grappling	MMA Fundamentals	Kickboxing (All Levels)	
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	Strength & Conditioning	Women's BJJ	Strength & Conditioning		
7:30pm	Kickboxing (beginners)	Kickboxing (beginners)	Kickboxing (beginners)	Kickboxing (beginners)		
	BJJ (advanced)	BJJ (advanced)	BJJ (advanced)	Comp Team BJJ		