

UNDISPUTED

FITNESS AND TRAINING CENTER

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>8am</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open at 9am</i>
<i>9am</i>	<i>Boxing</i>	<i>Muay Thai</i>	<i>Boxing</i>	<i>Muay Thai</i>	<i>Boxing</i>	<i>Open Gym</i>
<i>10am & 11am</i>	OPEN GYM+					<i>10am: Kids MMA</i> <i>10am: Conditioning</i> <i>11am: Boxing</i> <i>11am: Muay Thai</i>
<i>12pm</i>	<i>Muay Thai</i>	<i>Boxing</i>	<i>Muay Thai</i>	<i>Boxing</i>	<i>Muay Thai</i>	GYM CLOSSES AT 1PM
<i>1pm</i>	GYM CLOSED 1:30PM-3:30PM					
<i>4pm</i>	<i>Kids Boxing</i>	<i>Kids Muay Thai</i>	<i>Kids Boxing</i>	<i>Kids Muay Thai</i>	<i>Kids Boxing</i>	* Both classes occur at the same time
<i>5pm</i>	<i>Teens Boxing</i>	<i>Teens Muay Thai</i>	<i>Teens Boxing</i>	<i>Teens Muay Thai</i>	<i>Teens Boxing</i>	
<i>6pm</i>	<i>Boxing</i>	<i>Muay Thai</i>	<i>Boxing</i>	<i>Muay Thai</i>	<i>*Boxing</i>	
					<i>*Muay Thai</i>	
<i>7pm</i>	<i>Muay Thai</i>	<i>Boxing</i>	<i>Muay Thai</i>	<i>Boxing</i>	<i>Combat Conditioning</i>	
<i>8pm</i>	<i>Combat Conditioning</i>	<i>Open Gym</i>	<i>Combat Conditioning</i>	<i>Adv Boxing/ Adv Sparring</i>	<i>Gym closes At 8pm</i>	

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