

HEROES TRAINING CENTER
HEROES KICKBOXING - HEROES JIU-JITSU - HEROES FITNESS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5PM HERO SQUAD	5PM HERO SQUAD	5PM HERO SQUAD	5PM HERO SQUAD	5PM HERO SQUAD	10AM HERO SQUAD
545PM HEROES JIU-JITSU	545PM HEROES JIU-JITSU	545PM HEROES JIU-JITSU	545PM HEROES JIU-JITSU	545PM HEROES JIU-JITSU	1045PM HEROES JIU-JITSU
630PM HEROES KICKBOXING	630PM HEROES KICKBOXING	630PM HEROES KICKBOXING	630PM HEROES KICKBOXING	630PM HEROES KICKBOXING	1130PM HEROES KICKBOXING
715PM ADULT KICKBOXING	715PM FIGHT CLUB	715PM FIGHT CLUB	715PM FIGHT CLUB	715PM ADULT KICKBOXING	1215PM FIGHT CLUB
8PM ADULT JIU-JITSU	8PM ADULT JIU-JITSU	8PM ADULT JIU-JITSU	8PM ADULT JIU-JITSU	8PM ADULT JIU-JITSU	