



CLASS SCHEDULE

FITNESS | STRIKING | JUDO/JU-JITSU | MMA | WRESTLING

ADULT CLASSES

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
					{OPEN MAT}
STRIKING	6:30-7:30 PM		6:30-7:30 PM		12:00-1:00 PM
MMA	7:30-8:30 PM		7:30-8:30 PM		11:00-12:00 PM
WRESTLING		6:30-7:30 PM		6:30-7:30 PM	10:00-11:00 AM
JUDO/JU-JITSU		7:30-8:30 PM		7:30-8:30 PM	11:00-12:00 PM

KIDS CLASSES

MMA	4:45-5:30 PM		4:45-5:30 PM		11:00-12:00 PM
STRIKING	5:35-6:20 PM		5:35-6:20 PM		12:00-1:00 PM
JUDO/JU-JITSU		4:45-5:30 PM		4:45-5:30 PM	11:00-12:00 PM
WRESTLING		5:35-6:20 PM		5:35-6:20 PM	10:00-11:00 AM

Observed Holidays: New Years, Memorial Day, Independence Day, Labor Day, Halloween, Veterans Day, Thanksgiving, Christmas Eve and Day

FITNESS
BOXING

7:15-8:45 AM

7:15-8:45 AM



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