



CLASS SCHEDULE

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

ADULT CLASSES

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
FITNESS CLUB					9:00 - 9:45 AM
JUDO/JU-JITSU		4:15-5:45 PM		4:15-5:45 PM	10:00-11:15 AM
WRESTLING		8:00-9:30 PM		8:00-9:30 PM	11:30-12:45 PM
STRIKING	6:15-7:45 PM		6:15-7:45 PM		1:00-2:15 PM
MMA	8:00-9:30 PM		8:00-9:30 PM		2:30-3:45 PM

KIDS CLASSES

MMA	4:15-5:00 PM		4:15-5:00 PM		
JUDO/JU-JITSU		6:00 - 7:00 PM		6:00 - 7:00 PM	
STRIKING	5:00 -6:00 PM		5:00 - 6:00 PM		
WRESTLING		7:00 - 8:00 PM		7:00 - 8:00 PM	

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



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