



CLASS SCHEDULE

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

ADULT CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
FITNESS		7:45-8:15 AM		7:45-8:15AM	9:15-9:45 AM
JUDO/JU-JITSU		4:15-5:45 PM		4:15-5:45 PM	11:30-12:45 PM
WRESTLING		8:00-9:30 PM		8:00-9:30 PM	10:00-11:15 AM
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		ALL SATURDAY CLASSES ARE SAME TIMES AS ADULT (NO KIDS FITNESS)
STRIKING	5:15-6:00 PM		5:15-6:00 PM		
JUDO/JUJITSU		6:00-6:45 PM		6:00-6:45 PM	
WRESTLING		7:00-7:45 PM		7:00-7:45 PM	

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



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