



# CLASS SCHEDULE

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

## ADULT CLASSES

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
					<b>{OPEN MAT}</b>
JUDO/JU-JITSU		4:15-5:45 PM		4:15-5:45 PM	11:00-12:00 PM
WRESTLING		8:00-9:30 PM		8:00-9:30 PM	10:00-11:00 AM
STRIKING	6:15-7:45 PM		6:15-7:45 PM		12:00-1:00 PM
MMA	8:00-9:30 PM		8:00-9:30 PM		11:00-12:00 PM

## KIDS CLASSES

STRIKING	4:15-5:00 PM		4:15-5:00 PM		12:00-1:00 PM
MMA	5:15-6:00 PM		5:15-6:00 PM		11:00-12:00 PM
JUDO/JU-JITSU		6:00-6:45 PM		6:00-6:45 PM	11:00-12:00 PM
WRESTLING		7:00-7:45 PM		7:00-7:45 PM	10:00-11:00 AM

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



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