

Small Group Classes April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 2:30-3:30pm BJJ Belt Review	1 8:30-9:25am BJJ No Gi Fundamentals 9:30-10:25am Kickboxing & Core 11:30-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Gi BJJ 6:30-7:30pm Kickboxing & Core	2 9-9:55am Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids No Gi + Kickboxing 5:30-6:25pm MMA Strength Circuit 6:30-7:30pm No Gi BJJ 7:30-8pm BJJ Comp Class	3 8:30-9:25am BJJ No Gi Fundamentals 9:30-10:25am Kickboxing & Core 11:30-12:25pm Strength & Mobility 5:15-5:55pm Yoga 6-7pm Kickboxing & Core 7-8pm Gi BJJ	4 4:45-5:25pm Kids No Gi + Kickboxing 5:30-6:25pm No Gi BJJ 6:30-7:30pm Kickboxing & Core	5 8:30-9:25am BJJ Gi Fundamentals 9:30-10:25am Kickboxing & Core 11:30-12:25pm Strength & Mobility 5:30-7pm BJJ Open Mat/ Weekly Review	6 9-9:55am Yoga 10-10:55am Corrective Exercise 11-11:55am All ages self defense 12-12:55pm Kickboxing & Core 1-2pm BJJ Open Mat/ Weekly Review
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