Small Group Classes June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 _{6-7am}	3	4 <u>6-7am</u>	5	6	7
•	MMA Strength Training	•	MMA Strength Training	•		'
	7:30-8:30am MMA Strength Training	<u>9-9:55am</u>	7:30-8:30am MMA Strength Training		NO MMA STRENGTH	<u>9-9:55am</u>
	11:30am-12:25pm	Yoga 10-10:55am	11:30am-12:25pm	10-10:55am	11:30-12:25pm	Yoga
	Strength & Mobility 4:45-5:25pm	Balance & Flexibility	Strength & Mobility 4:45-5:25pm	Strength Basics	Strength & Mobility	
	Kids Gi BJJ	4:45-5:25pm Kids MMA Conditioning	Kids Gi BJJ	4:45-5:25pm Kids MMA Conditioning	Open Mat	
	5:30-6:25pm Kickboxing & Core	5:30-6:25pm	5:30-6:25pm	5:30-6:25pm	Location & Time TBA Each Week	
	6:30-7:30pm	Kickboxing Conditioning 6:30-7:30pm	Kickboxing & Core 6:30-7:30pm	Kickboxing Conditioning 6:30-7:30pm	TBA Each week	
	Gi BJJ	No Gi BJJ	Gi BJJ	No Gi BJJ		
8	9	10	11 _{6-7am}	12	13 _{6-7am}	14
	NO MMA STRENGTH	9-9:55am	MMA Strength Training 7:30-8:30am		MMA Strength Training 7:30-8:30am	9-9:55am
		Yoga	MMA Strength Training		MMA Strength Training	Yoga
	11:30am-12:25pm Strength & Mobility	10-10:55am Balance & Flexibility	11:30am-12:25pm Strength & Mobility	10-10:55am Strength Basics	11:30-12:25pm Strength & Mobility	
	4:45-5:25pm	4:45-5:25pm	4:45-5:25pm	4:45-5:25pm	Out on Mad	
	Kids Gi BJJ	Kids MMA Conditioning 5:30-6:25pm	Kids Gi BJJ 5:30-6:25pm	Kids MMA Conditioning 5:30-6:25pm	Open Mat Location & Time	
	5:30-6:25pm Kickboxing & Core	Kickboxing Conditioning	Kickboxing & Core	Kickboxing Conditioning	TBA Each Week	
	6:30-7:30pm	6:30-7:30pm No Gi BJJ	6:30-7:30pm Gi BJJ	6:30-7:30pm No Gi BJJ		
15	Gi BJJ	17		19	20 6-7am	21
13	16 6-7am MMA Strength Training	' '	18 6-7am MMA Strength Training	ן ופ	20 <u>6-7am</u> MMA Strength Training	4
	7:30-8:30am	9-9:55am	7:30-8:30am		7:30-8:30am	<u>9-9:55am</u>
	MMA Strength Training 11:30am-12:25pm	Yoga 10-10:55am	MMA Strength Training 11:30am-12:25pm	10-10:55am	MMA Strength Training 11:30-12:25pm	Yoga
	Strength & Mobility	Balance & Flexibility	Strength & Mobility	Strength Basics	Strength & Mobility	
	4:45-5:25pm Kids Gi BJJ	4:45-5:25pm Kids MMA Conditioning	4:45-5:25pm Kids Gi BJJ	4:45-5:25pm Kids MMA Conditioning	Open Mat	
	5:30-6:25pm	5:30-6:25pm	5:30-6:25pm	5:30-6:25pm	Location & Time	
	Kickboxing & Core 6:30-7:30pm	Kickboxing Conditioning 6:30-7:30pm	Kickboxing & Core 6:30-7:30pm	Kickboxing Conditioning 6:30-7:30pm	TBA Each Week	
	Gi BJJ	No Gi BJJ	Gi BJJ	No Gi BJJ		
22	23 _{6-7am}	24	25	26	27 _{6-7am}	28
	<u>0-7 aiii</u>	47	23 <u>6-7am</u>	20		40
	MMA Strength Training		MMA Strength Training	20	MMA Strength Training	
	MMA Strength Training 7:30-8:30am MMA Strength Training	9-9:55am Yoga	MMA Strength Training 7:30-8:30am MMA Strength Training	20	MMA Strength Training 7:30-8:30am MMA Strength Training	9-9:55am Yoga
	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30am-12:25pm	9-9:55am Yoga 10-10:55am	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30am-12:25pm	<u>10-10:55am</u>	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30-12:25pm	9-9:55am
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	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ	9-9:55am Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ	10-10:55am Strength Basics 4:45-5:25pm Kids MMA Conditioning	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30-12:25pm Strength & Mobility Open Mat	9-9:55am
	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30am-12:25pm Strength & Mobility 4:45-5:25pm	9-9:55am Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30am-12:25pm Strength & Mobility 4:45-5:25pm	10-10:55am Strength Basics 4:45-5:25pm	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30-12:25pm Strength & Mobility Open Mat Location & Time	9-9:55am
	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6:30-7:30pm	9-9:55am Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm Kickboxing Conditioning 6:30-7:30pm	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6:30-7:30pm	10-10:55am Strength Basics 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm Kickboxing Conditioning 6:30-7:30pm	MMA Strength Training 7:30-8:30am MMA Strength Training 11:30-12:25pm Strength & Mobility Open Mat Location & Time	9-9:55am
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