



Class Schedule 2022

4TH SUNDAY OF EVERY MONTH AT 2PM-4PM, FREE POP UP CLASS & OPEN HOUSE, FOR STUDENTS & GUESTS

WE RESERVE THE RIGHT TO CHANGE SCHEDULE AND/OR INSTRUCTORS AT WILL.

BOXING

9 YEARS OLD THROUGH ADULTS
MON, TUES, WEDS, THUR 6pm-7:30pm

KICKBOXING

10 YRS THRU ADULTS
5PM TUES & THURS W/COACH CHARLIE
FRI 5PM W/COACH DAVE

MMA STRIKING

Beginners thru Advanced
(teens & adults)
MON & WEDS 5pm W/COACH HAHN

KRAV MAGA

LEARN SELF DEFENSE WHILE
GETTING A GREAT WORK OUT.
W/COACH BETTY & COACH HAHN
TUESDAY 4PM WITH COACH HAHN
WEDNESDAY & THURS 7PM BETTY
SAT 9AM BETTY

FITNESS

HIIT, BOOTCAMP, KETTLEBELL

MON & WED 5PM W/SAM
MON 6 PM BETTY
TUES 6 PM W/BETTY
FRI 5PM W/BETTY
FRI 6PM W/SAM

CSW GRAPPLING

(NO GI)

BEGINNER CLASS:
9 YEARS OLD THROUGH ADULTS
TUES & THURS 5PM COACH HAHN

ADVANCED M,W,FR 6PM COACH DAVE
ADVANCED TUES & THURS 6PM COACH HAHN

JIU-JITSU (WEAR GI)

MON & WEDS 7PM coed 13-ADULTS
MON & WEDS 7PM WOMEN ONLY 13-ADULTS
TUES & THUR 7PM KIDS JIU-JITSU 9-13

KIDS SKILLZ

MON & WEDS	TUES & THURS
3-4 YRS 4:15PM	5-6 YRS 5PM
5-6 YRS 5PM	7-10 YRS 6PM
7-10 YRS 6PM	

CARDIO KICKBOXING

MON & WED 6PM

YOGA

With Betty Kae

FRIDAY 6PM
SATURDAY 10AM
SUNDAY ONCE A MONTH POP UP