



# Class Schedule 2023

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

## BOXING

9 YEARS OLD THROUGH ADULTS  
MON, TUES, WEDS, THUR 6pm-7:00pm

## KICKBOXING

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

## MMA STRIKING

MMA Striking  
Beginners thru Advanced  
(teens & adults)  
M, T, W, Th 5pm w/COACH HAHN

## KRAV MAGA

LEARN SELF DEFENSE WHILE  
GETTING A GREAT WORK OUT.  
Mon & Wed, 7PM Coach Hahn

## CARDIO KICKBOXING

MON & WED 6PM W/SAM

## FITNESS

HIIT, BOOTCAMP, KETTLEBELL

MON & WED 5PM W/SAM  
FRI 5PM W/SAM

## AMERICAN KENPO

TUES & THURS 7PM  
9 YEARS OLD THRU ADULTS  
WITH BLACK BELT JOSH STEPHENS

## NO GI JIU\_JITSU

BEGINNER CLASS:  
9 YEARS OLD THROUGH ADULTS  
TUES & THURS 5PM COACH DAVE  
ADVANCED M,T, W, Th, FR 6PM COACH DAVE

*M, T, W, Th 6pm MMA/CSW Grappling  
w/ground striking with Coach Hahn BJJ BLACK BELT*

## JIU-JITSU (WEAR GI)

MON & WEDS 7PM coed 13-ADULTS  
TUES & THUR 7PM KIDS JIU-JITSU 9-13  
MON & WEDS 7pm Women Only  
*1st Sat of Month Open Roll 2pm (Guest Welcome Free)*

## KIDS SKILLZ

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

TUES & THURS  
5-6 YRS 5PM  
7-10 YRS 6PM