



Class Schedule 2022

**2PM, 1st SATURDAY OF MONTH FREE GI JIU-JITSU
OPEN ROLL (GUEST WELCOME FREE)**

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

**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.**

**M, W, TH 7PM BETTY
SAT 9AM BETTY**

CARDIO KICKBOXING

MON & WED 6PM W/SAM

FITNESS

HIIT, BOOTCAMP, KETTLEBELL

**MON & WED 5PM W/SAM
FRI 5PM W/BETTY
FRI 6PM 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	TUES & THURS
3-4 YRS 4:15PM	5-6 YRS 5PM
5-6 YRS 5PM	7-10 YRS 6PM
7-10 YRS 6PM	

YOGA

With Betty Kae

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