



# Class Schedule 2021

Most ADULT classes are 13 yrs old through adults unless otherwise stated here or by a coach. We do offer Kids Skillz Classes 3 yrs old through 14., check times below for age groups. We reserve the right to change schedule or instructors at any time.

## **BOXING**

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

## **KICKBOXING**

TUES & THURS 7PM  
TUES, THURS & FRI 5PM

## **MMA STRIKING**

Beginners thru Advanced  
(teens & adults)  
MON & WEDS 5pm

## **KRAV MAGA**

### **SELF DEFENSE**

M, T, W, TH 7PM  
THURS 6PM  
FRI 5PM SAT 9AM

## **FITNESS**

HIIT, BOOTCAMP, KETTLEBELL

MON & WED 5PM  
M, T, W, TH 7PM  
FRI 4PM & 6PM  
SAT 10AM SUN 2PM

## **CSW GRAPPLING**

### **(NO GI)**

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

ADVANCED M,T,W,TH,FR 6PM  
MON & WEDS 4PM

## **JIU-JITSU (WEAR GI)**

MON & WEDS 7PM

## **KALI KNIFE & STICK**

### **287TACTICAL**

TUES & THURS 6PM

## **KIDS SKILLZ**

MON & WEDS  
3-4 YRS 4:15PM  
5-6 YRS 5PM  
7-9 YRS 6PM  
10-14 YRS 7pm

## **CARDIO KICKBOXING**

MON & WED 6PM