



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 10., 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

10 thru adults TUES & THURS 7PM
13 & up 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

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 also Tues & Weds
7-10 YRS 6PM also Tues & Thurs

CARDIO KICKBOXING

MON & WED 6PM

YOGA talk with Betty