



# Class Schedule 2021

Most ADULT classes are 11 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 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

M, W, 7PM  
THURS 6PM  
FRI 4PM SAT 9AM

## FITNESS

HIIT, BOOTCAMP, KETTLEBELL

MON & WED 5PM & 7PM W/SAM  
TUES & THURS 7PM W/BETTY  
FRI 4PM 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 COACH DAVE

## 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

## CARDIO KICKBOXING

MON & WED 6PM

## YOGA

With Betty Kae

FRIDAY 5PM  
SATURDAY 10AM  
SUNDAY ONCE A MONTH POP UP