



# 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/SAM  
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**

<b>MON &amp; WEDS</b>	<b>TUES &amp; THURS</b>
3-4 YRS 4:15PM	5-6 YRS 5PM
5-6 YRS 5PM	7-10 YRS 6PM
7-10 YRS 6PM	

## **YOGA**

**With Betty**

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