MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRIVATE SESSIONS	HIIT BOOTCAMP 6AM-7AM	FIGHTERS HIIT 12PM - 1PM	HIIT BOOTCAMP 6AM - 7AM	PRIVATE SESSIONS	PRIVATE SESSIONS
FIGHTERS HIIT 12PM - 1PM	101 KICKBOXING 10AM - 11AM	TEEN FITNESS & MARTIAL ARTS 1:30PM -2:30PM	101 KICKBOXING 10AM - 11AM	PRIVATE SESSIONS	HIIT BOOTCAMP 10AM - 11AM
TEEN FITNESS & MARTIAL ARTS 3PM - 4PM	TEEN FITNESS & MARTIAL ARTS 3PM - 4PM	YOUTH FITNESS & MARTIALARTS 2:45PM -:30PM	TEEN FITNESS & MARTIAL ARTS 3PM - 4PM	YOGA FIT 12PM - 1PM	YOUTH FITNESS & MARTIAL ARTS 11:30AM-12:30PM
YOUTH FITNESS & MARTIAL ARTS 4:15PM - 5PM	YOUTH FITNESS & MARTIAL ARTS 4:15PM - 5PM	GIRL'S YOUTH FITNESS & MARTIAL ARTS 4:15PM - 5PM	YOUTH FITNESS & MARTIAL ARTS 4:15PM - 5PM	PRIVATE SESSIONS	PRIVATE SESSIONS
HIIT BOOTCAMP 5:30PM - 6:30PM	WRESTLING & GRAPPLING 5:30PM - 6:30PM	HIIT BOOTCAMP 5:30PM -6:30PM	WRESTING & GRAPPLING 5:30PM - 6:30PM	PRIVATE SESSIONS	PRIVATE SESSIONS
101 KICKBOXING 6:30PM - 7:30PM	ADULT MUAY THAI KICKBOXING 6:30PM - 7:30PM	101 KICKBOXING 6:30PM -7:30PM	ADULT MUAY THAI KICKBOXING 6:30PM - 7:30PM	PRIVATE SESSIONS	PRIVATE SESSIONS

RAPID PERFORMANCE TRAINING
MARTIAL ARTS

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