



schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Original Punching Bag Class	Original Punching Bag Class	Original Punching Bag Class	Original Punching Bag Class	Original Punching Bag Class	
<i>Gym closed unless for personal training.</i>						10am
						Original Punching Bag Class
						<i>close</i>
						12:15pm
4:15pm	Jiu Jitsu	Mitt Work/ Sparring All Day	Jiu Jitsu	Mitt Work/ Sparring All Day	Jiu Jitsu	Original Punching Bag Class
5:30pm	Original Punching Bag Class	Original Punching Bag Class	Original Punching Bag Class	Original Punching Bag Class	Original Punching Bag Class	
6:45pm	Original Punching Bag Class	Original Punching Bag Class	Original Punching Bag Class	Original Punching Bag Class	Original Punching Bag Class MMA	
8pm	Original Punching Bag Class MMA	Original Punching Bag Class	Original Punching Bag Class MMA	Original Punching Bag Class		

schedule subject to change without notice