

CLASS SCHEDULE



	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 - 10:00 AM	CARDIO-BOXING	PERSONAL TRAINING	CARDIO-BOXING	PERSONAL TRAINING	CARDIO-BOXING	BIG CUBS MMA (AGES 8-12)	CLOSED
10:00-11:00AM	ROCK STEADY BOXING	PERSONAL TRAINING	ROCK STEADY BOXING	PERSONAL TRAINING	ROCK STEADY BOXING	TEEN MMA	
11:00 - 12:00PM	ROCK STEADY BOXING	CLOSED	ROCK STEADY BOXING	CLOSED	ROCK STEADY BOXING	ADULT MMA	
4:30 -5:30PM	TEEN BOXING (AGES 13-17) BIG CUBS BJJ (AGES 8-12)	TEEN MMA	TEEN BOXING (AGES 13-17) BIG CUBS BJJ (AGES 8-12)	TEEN MMA	TEEN BOXING (AGES 13-17) BIG CUBS BJJ (AGES 8-12)		
5:30-6:30 PM	KIDS BOXING (AGES 8-12) LITTLE CUBS BJJ (AGES 4-7)	BIG CUBS MMA (AGES 8-12)	KIDS BOXING (AGES 8-12) LITTLE CUBS BJJ (AGES 4-7)	BIG CUBS MMA (AGES 8-12)	KIDS BOXING (AGES 8-12) LITTLE CUBS BJJ (AGES 4-7)		
6:30-7:30 PM	ADULT BOXING BJJ (ENDS AT 8PM) (TEEN/ADULT)	ADULT MMA (STARTS 6:45)	ADULT BOXING BJJ (ENDS AT 8PM) (TEEN/ADULT)	ADULT MMA (STARTS 6:45)	ADULT BOXING BJJ (ENDS AT 8PM) (TEEN/ADULT)		
8:30-9:30 PM	ADULT MUAY THAI	COMP. BOXING (STARTS 7:30)	ADULT MUAY THAI	COMP. BOXING (STARTS 7:30)	ADULT MUAY THAI		