

CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00 AM	Cardio-Boxing	Personal Training	Cardio-Boxing	Personal Training	Cardio-Boxing	Sparring	Closed
10.00 AM							
10.00 AM	Rock Steady Boxing	Personal Training	Rock Steady Boxing	Personal Training	Rock Steady Boxing	Sparring	Closed
11.00 AM							
11.00 AM	Rock Steady Boxing	Closed	Rock Steady Boxing	Closed	Rock Steady Boxing	Sparring	Closed
12.00 PM							
4.30 PM	Boxing (Ages 8-12)	Big Clubs MMA (Ages 8-12)	Boxing (Ages 8-12)	Big Clubs MMA (Ages 8-12)	Boxing (Ages 8-12)	Closed	Closed
5.30 PM	Little Clubs BJJ (Ages 4-7)		Little Clubs BJJ (Ages 4-7)		Little Clubs BJJ (Ages 4-7)		
5.30 PM	Boxing (Ages 13-17)	Teen MMA	Boxing (Ages 13-17)	Teen MMA	Boxing (Ages 13-17)	Closed	Closed
6.30 PM	Big Clubs BJJ (Ages 8-12)		Big Clubs BJJ (Ages 8-12)		Big Clubs BJJ (Ages 8-12)		
6.30 PM	Boxing (Adult)	Adult MMA (Starts 6:45)	Boxing (Adult)	Adult MMA (Starts 6:45)	Boxing (Adult)	Closed	Closed
7.30 PM	BJJ (ends at 8) (Teen/Adult)	Comp. Boxing (Starts 7:30)	BJJ (ends at 8) (Teen/Adult)	Comp. Boxing (Starts 7:30)	BJJ (ends at 8) (Teen/Adult)		
08.00 PM							
09.00 PM	Adult Muay Thai	Sparring (Starts 7:45)	Adult Muay Thai	Sparring (Starts 7:45)	Adult Muay Thai	Closed	Closed