



CLASS SCHEDULE



	MON	TUE	WED	THU	FRI	SAT
6:00 - 7:00 AM		ADULT BJJ TRAINING		ADULT BJJ TRAINING		
9:00 - 10:00 AM	CARDIO-BOXING	PERSONAL TRAINING	CARDIO-BOXING	PERSONAL TRAINING	CARDIO-BOXING	BIG CUBS MMA (AGES 8-12)
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
1:00 - 2:00PM	PERSONAL TRAINING	STEP-UP BJJ	PERSONAL TRAINING	STEP-UP BJJ	PERSONAL TRAINING	BJJ OPEN MAT STARTS 12PM
2:30 - 3:30PM	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	
4:30- 5:30 PM	TEEN BOXING (AGES 13-17) BIG CUBS BJJ (AGES 8-12)	TEEN MMA (AGES 13-17)	TEEN BOXING (AGES 13-17) BIG CUBS BJJ (AGES 8-12)	TEEN MMA (AGES 13-17)	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 CARDIO BOXING	ADULT BOXING BJJ (ENDS AT 8PM) (TEEN/ADULT)	ADULT MMA CARDIO BOXING	ADULT BOXING BJJ (ENDS AT 8PM) (TEEN/ADULT)	
8:00- 9:00 PM	ADULT MUAY THAI	WRESTLING COMP. BOXING (STARTS 7:30)	ADULT MUAY THAI	WRESTLING COMP. BOXING (STARTS 7:30)	ADULT MUAY THAI	

CLOSED ON SUNDAYS