



KICKBOXING/MMA SCHEDULE

Mon: 9am-10:30am & 4pm-8pm
Tue: 9am-10:30am & 4pm-8pm
Wed: 4pm-8pm
Thur: 9am-10:30am & 4pm-8pm
Fri: 9am-10:30am & 4pm-8pm
Sat: 9am-11:30am
Sun: 9am-10am & 2pm-4pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					!! OPEN MAT !! ALL PROGRAMS 10am-11:30am	
MORNING / AFTERNOON CLASS GAP						
				Kickboxing/MMA Kids & Adults (Instructor Approval) 6:30pm-7:30pm		
FTCC PARTICIPATION WAIVER MUST BE SIGNED PRIOR TO TRAINING 2-DAY TRY OUT IS AVAILABLE FOR ALL PROSPECTIVE MEMBERS						