

# H.E.R.O. MMA ACADEMY



## CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Boxing L1	HIIT	Boxing L1	HIIT	Boxing L1	
7:00am	Adult MMA	Adult MMA	Adult MMA	Adult MMA	Adult MMA	
8:00am						HIIT
9:00am	HIIT	Boxing L1	HIIT	Boxing L1	HIIT	Boxing L1
10:00am						Adult MMA
11:00am						Youth MMA
12:00pm	Boxing L1	HIIT	Boxing L1	HIIT	Boxing L1	
3:30pm	Lil Heroes	Lil Heroes	Lil Heroes	Lil Heroes	Lil Heroes	
4:00pm	Youth MMA	Youth MMA	Youth MMA	Youth MMA	Youth MMA	
4:45pm	Youth MMA	Youth MMA	Youth MMA	Youth MMA	Youth MMA	
5:30pm	Youth MMA	Youth MMA	Youth MMA	Youth MMA	Boxing L1	
6:15pm	Adult MMA	HIIT	Adult MMA	HIIT	Adult MMA	
7:00pm	Boxing L1	Adult MMA	Boxing L1	Adult MMA	HIIT	
7:45pm	HIIT	Boxing L1	HIIT	Boxing L1		