

WEEKLY CLASS SCHEDULE						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga Ages 14+	Hot Yoga 5:30-6:30 AM	Slow Flow 7:00-8:00 PM	Hot Yoga 5:30-6:30 AM	Slow Flow 7:00-8:00 PM		
Brazilian Jiu-Jitsu Ages 14+	12:00-1:00 PM		12:00-1:00 PM			
Kickboxing Ages 14+		12:00-1:00 PM		12:00-1:00 PM		
Kids Brazilian Jiu-Jitsu Ages 4-7	4:15-5:00 PM		4:15-5:00 PM			
Kids Kickboxing Ages 4-7		4:15-5:00 PM		4:15-5:00 PM		
Kids Brazilian Jiu-Jitsu Ages 8-13	5:00-6:00 PM		5:00-6:00 PM			
Kids Kickboxing Ages 8-13		5:00-6:00 PM		5:00-6:00 PM		
Brazilian Jiu-Jitsu Ages 14+	6:00-7:00 PM		6:00-7:00 PM			
Kickboxing Ages 14+		6:00-7:00 PM		6:00-7:00 PM		
Wrestling Class Ages 14+					6:00-7:00 PM	
Open Mat All Ages						11:00 AM-12:00 PM