PAL Gym Class Schedule

Гime	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:oo AM	Muay Thai		CLOSED				
							CLOSED
9:00 AM	Gi Jiu Jitsu		CLOSED				
							CLOSED
12:00 AM	Lunch Jitsu		CLOSED				
							CLOSED
3:00 PM						OPEN GYM	CLOSED
							CLOSED
3:30 PM	Competition Wrestling Class		CLOSED				
							CLOSED
5:00 PM	Kids Jiu Jitsu		CLOSED				
	Kids Boxing		CLOSED				
	3-5 Year Olds Training		3-5 Year Olds Training		3-5 Year Olds Training		CLOSED
							CLOSED
6:30 PM	Adult Jiu Jitsu - No Gi	Adult Jiu Jitsu - With Gi	Adult Jiu Jitsu - No Gi	Adult Jiu Jitsu - With Gi	Open Mat/Gym		CLOSED
	Adult Boxing		CLOSED				
	Women's Self Defense	Adult MMA Training	Women's Self Defense	Adult MMA Training	Women's Self Defense		CLOSED
							CLOSED
7:30 PM	Muay Thai		Muay Thai		Muay Thai		CLOSED
							CLOSED