

**Hours: Monday - Thursday 11:45am – 10:00pm Friday 11:45am – 9:00pm
Saturday & Sunday 2:00pm – 6pm**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KETTLEBELLS (BASIC) 12:00PM to 12:30PM	KETTLEBELLS (BASIC) 12:00PM to 12:30PM	KETTLEBELLS (BASIC) 12:00PM to 12:30PM	KETTLEBELLS (BASIC) 12:00PM to 12:30PM	KETTLEBELLS (BASIC) 12:00PM to 12:30PM	KALI/FMA (BASIC) 12:00PM to 2:00PM	
MUAY THAI KICKBOXING (BASIC/INTER/ ADV) 12:30PM to 2:00PM	BOXING (BASIC) 12:30PM to 1:30PM	MUAY THAI KICKBOXING (BASIC/INTER/ ADV) 12:30PM to 2:00PM	BOXING (BASIC) 12:30PM to 1:30PM	MUAY THAI KICKBOXING (BASIC) 12:30PM to 1:30PM	SUBMISSION GRAPPLING (BASIC) 1:00PM to 2:30PM	BOXING (BASIC) 2:30PM to 4:00PM
MUAY THAI KICKBOXING KIDS/YOUTH CLASS (BASIC) 5:00PM to 6:00PM	BOXING (BASIC) 6:30PM to 7:30PM	MUAY THAI KICKBOXING KIDS/YOUTH (BASIC) 5:00PM to 6:00PM	BOXING (BASIC) 6:30PM to 7:30PM	MUAY THAI KICKBOXING KIDS/YOUTH (BASIC) 5:00PM to 6:00PM	MUAY THAI KICKBOXING (BASIC) 2:30PM to 3:30PM BRAZILIAN JIU JITSU (GI) 2:30PM to 4:30PM	KETTLEBELLS (BASIC) 4:00PM to 4:30PM
MUAY THAI KICKBOXING (BASIC) 6:30PM to 7:30PM	KETTLEBELLS (BASIC) 7:30PM to 8:00PM	MUAY THAI KICKBOXING (INTERMEDIATE & ADVANCED) 6:30PM to 8:30PM	KETTLEBELLS (BASIC) 7:30PM to 8:00PM	MUAY THAI KICKBOXING (BASIC) 6:00PM to 7:00PM	KETTLEBELLS (BASIC) 3:30PM to 4:00PM	BOXING SPARRING (INTERMEDIATE) 4:30PM to 5:00PM
KETTLEBELLS (BASIC) 7:30PM to 8:00PM	OPEN MAT (GI) 7:30PM to 8:30PM	KETTLEBELLS (BASIC) 8:00PM to 8:30PM	SUBMISSION GRAPPLING (BASIC) 7:30PM to 8:30PM	KETTLEBELLS (BASIC) 7:00PM to 7:30PM	MUAY THAI KICKBOXING (BASIC) 4:00PM to 5:00PM	
MUAY THAI KICKBOXING (OPEN RING SPARRING) 8:00PM to 9:30PM	KALI/FMA (BASIC) 8:00PM to 9:30PM	MUAY THAI KICKBOXING (BASIC) 8:30PM to 9:30PM	MUAY THAI KICKBOXING (BASIC) 8:00PM to 9:00PM OPEN MAT (GI) 8:30PM to 9:30PM	MUAY THAI KICKBOXING (BASIC) OPEN RING SPARRING (INTERMEDIATE) 7:30PM to 8:30PM		

BASIC Classes are open to all members.

INTERMEDIATE Classes are open only to members that have achieved their Intermediate Testing.

KIDS/YOUTH CLASS Ages 10-15 years old may participate in these specialized classes.