

MARTIAL ARTS TRAINING - GYM 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
THAI BOXING (Basic) 12:30PM - 1:30PM	BOXING (Basic) 12:30PM - 2:00PM	THAI BOXING (Basic) 12:30PM - 1:30PM	BOXING (Basic) 12:30PM - 2:00PM	THAI BOXING (Basic) 12:30PM - 1:30PM	THAI BOXING SPARRING DRILLS (Gear Required) 12:30PM - 1:30PM	BOXING (Basic) 12:30PM - 1:30PM
					KALIS ILUSTRISIMO (Basic) 12:30PM - 2:00PM	OPEN TRAINING 1:30PM - 2:00PM
KIDS/YOUTH MMA (Basic) 5:00PM - 6:00PM	BOXING 6:30PM - 7:30PM	KIDS/YOUTH MMA (Basic) 5:00PM - 6:00PM		KIDS/YOUTH MMA (Basic) 5:00PM - 6:00PM		
MMA 6:30 PM - 7:45 PM	OLYMPIC WRESTLING 6:30 PM - 8:00 PM	SUB- WRESTLING/ NO-GI BJJ 6:30PM - 7:45PM	BOXING 6:30PM - 7:30PM	FIGHTER SPARRING (Gear Required) 6:30PM - 7:30PM		
BJJ All Levels 7:45 PM - 9:15 PM	THAI BOXING 7:45PM - 9:00 PM	BJJ All Levels 7:45 PM - 9:15 PM	THAI BOXING 7:45PM - 9:15PM			
OPEN TRAINING 9:15 PM - 10:00PM	OPEN TRAINING 9:15 PM - 10:00PM	OPEN TRAINING 9:15 PM - 10:00 PM	OPEN TRAINING 9:15 PM - 10:00PM			
	KALIS ILUSTRISIMO (Basic) 8:30 PM - 10:00PM		KALI SPARRING (Basic) 8:30 PM - 10:00PM			

FITNESS TRAINING - GYM 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KETTLEBELL CONDITIONING 12:00PM-12:30PM	KETTLEBELL CONDITIONING 12:00PM - 12:30PM	KETTLEBELL CONDITIONING 12:00PM - 12:30PM	KETTLEBELL CONDITIONING 12:00PM - 12:30PM	KETTLEBELL CONDITIONING 12:00PM - 12:30PM	KETTLEBELL CONDITIONING 12:00PM - 12:30PM	KETTLEBELL CONDITIONING 12:00PM - 12:30PM
KETTLEBELL CONDITIONING 8:00PM-8:30PM	KETTLEBELL CONDITIONING 8:00PM-8:30PM	KETTLEBELL CONDITIONING 8:00PM-8:30PM	KETTLEBELL CONDITIONING 8:00PM-8:30PM	KETTLEBELL CONDITIONING 6:00PM-6:30PM		