



MARTIAL ARTS TRAINING - GYM 1 **PLEASE NOTE ALL ADVANCED CLASSES REQUIRE SPARRING EXAM CERTIFICATION BE COMPLETED PRIOR TO JOINING THESE CLASSES-SPARRING EXAM TIMES TBD**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KETTLEBELL CONDITIONING 12:00PM-12:30PM COACH: MIRANDA	KETTLEBELL CONDITIONING 12:00PM-12:30PM COACH: ARCHIE	KETTLEBELL CONDITIONING 12:00PM - 12:30PM COACH: NAUREEN	KETTLEBELL CONDITIONING 12:00PM - 12:30PM COACH: JESSE	PRIMAL/HIIT TRAINING 12:00PM-12:30PM COACH: USMAN	KETTLEBELL CONDITIONING 12:00PM - 12:30PM COACH: MO	KETTLEBELL CONDITIONING 12:00PM - 12:30PM COACH: KEVIN
THAI BOXING (Basic) 12:30PM - 1:30PM COACH: MIRANDA	BOXING (Basic) 12:30PM - 2:00PM COACH: ARCHIE		BOXING (Basic) 12:30PM - 2:00PM COACH: JESSE	THAI BOXING (BASIC) 12:30PM-1:30PM COACH: USMAN	THAI BOXING (Basic) 12:30PM - 1:30PM COACH: HOMER	BOXING (Basic) 12:30PM - 1:30PM COACH: KEVIN
KIDS/YOUTH MMA (Basic) 5:00PM - 6:00PM COACH: JANA	BOXING (Basic) 7:00PM - 8:00PM COACH: ARCHIE	KIDS/YOUTH MMA (Basic) 5:00PM - 6:00PM COACH: JANA		KIDS/YOUTH MMA (Basic) 5:00PM - 6:00PM COACH: JANA		
KETTLEBELL CONDITIONING 6:30PM-7:00PM COACH: LITA	THAI BOXING (BASIC) 8:00PM-9:30PM COACH: WAYNE	KETTLEBELL CONDITIONING 6:30PM-7:00PM COACH: LITA	BOXING (Basic) 7:00PM - 8:00PM COACH: ADRIAN			
PRIMAL/HIIT CONDITIONING 8:00PM-8:30PM COACH: JESSE	ADVANCED FIGHTER TRAINING 8:30PM-10:00PM SPARRING EXAM REQUIRED COACH: DALE	BOXING (BASIC) 7:00PM-8:00PM COACH: JACOB	THAI BOXING (Basic) 8:00PM - 9:30PM COACH: WAYNE	ADVANCED FIGHTER TRAINING 6:30PM-8:00PM SPARRING EXAM REQUIRED COACH: HOMER		
BOXING (BASIC) 8:30PM-9:30PM COACH: JESSE	PRIMAL/HIIT CONDITIONING 8:30PM-9:00PM COACH: MATT		KETTLEBELL CONDITIONING 8:00PM-8:30PM COACH: TBD			
	KALI (Basic) 8:30 PM - 10:00PM COACH: JAY/ ARCHIE		ADVANCED FIGHTER TRAINING 8:30PM-10:00PM SPARRING EXAM REQUIRED COACH: ARCHIE			

GRAPPLING SIDE - GYM 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MMA (Basic) 6:30 PM- 7:45 PM PROFESSOR VAL	OLYMPIC WRESTLING (Basic) 6:30 PM - 8:00 PM PROFESSOR VAL	SUB- WRESTLING/ NO-GI BJJ 6:30PM - 7:45PM PROFESSOR VAL	PRIMAL/HIIT CONDITIONING 6:30PM-7:00PM COACH: JESSE	KETTLEBELL CONDITIONING 6:00PM-6:30PM COACH: MO	KALI (Basic) 12:30PM - 2:00PM COACH: MARK	(SPACE RENTED DURING THIS TIME)
BJJ (All Levels) 7:45 PM - 9:15 PM PROFESSOR VAL	KETTLEBELL CONDITIONING 8:00PM-8:30PM COACH: MATT	BJJ (All Levels) 7:45 PM - 9:15 PM PROFESSOR VAL		(SPACE RENTED DURING THIS TIME)	(SPACE RENTED DURING THIS TIME)	(SPACE RENTED DURING THIS TIME)