

MARTIAL ARTS TRAINING - GYM 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MUAY THAI KICKBOXING (Basic) 12:30PM - 1:30PM	BOXING (Basic) 12:30PM - 2:00PM	MUAY THAI KICKBOXING (Basic) 12:30PM - 1:30PM	BOXING (Basic) 12:30PM - 2:00PM		KALIS ILUSTRISIMO (Basic) 12:30PM - 2:00PM	BOXING (Basic) 1:00PM - 2:30PM
					MUAY THAI KICKBOXING (Basic) 12:30PM - 1:30PM	
KIDS/YOUTH MMA (Basic) 5:00PM - 6:00PM		KIDS/YOUTH MMA (Basic) 5:00PM - 6:00PM		KIDS/YOUTH MMA (Basic) 5:00PM - 6:00PM		
MUAY THAI KICKBOXING (Basic) 6:00PM - 7:00PM		MUAY THAI KICKBOXING (Basic) 6:00PM - 7:00PM		MUAY THAI KICKBOXING (Basic) 6:30PM - 7:30PM		
MMA (Basic) 6:30PM - 8:00PM	OLYMPIC WRESTLING (Basic) 7:00PM - 8:30PM	SUB- WRESTLING/ NO-GI BJJ (Basic) 6:30PM - 8:00PM	BOXING (Basic) 7:00PM - 8:00PM			
MUAY THAI KICKBOXING (Basic) 7:00PM - 8:00PM	BOXING (Basic) 7:00PM - 8:00PM	MUAY THAI KICKBOXING (Basic) 7:00PM - 8:00PM				
BOXING (Basic) 8:30PM - 9:30PM	MUAY THAI KICKBOXING (Basic) 8:30PM - 9:30PM	BRAZILIAN JIU JITSU GI (Basic) 8:00PM - 9:30PM	MUAY THAI KICKBOXING (Basic) 8:30PM - 9:30PM			
KALI FUNDAMENTALS (Basic) 8:30PM - 10:00PM	KALIS ILUSTRISIMO (Basic) 8:30PM - 10:00PM	BOXING (Basic) 8:30PM - 9:30PM	KALI SPARRING (Basic) 8:30PM - 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 12:30PM - 1:00PM
KETTLEBELL CONDITIONING 6:00PM - 6:30PM	KETTLEBELL CONDITIONING 6:00PM-6:30PM	KETTLEBELL CONDITIONING 6:00PM-6:30PM	KETTLEBELL CONDITIONING 6:00PM-6:30PM	KETTLEBELL CONDITIONING 6:00PM-6:30PM		
PRIMAL CONDITIONING 6:30PM - 7:00PM		PRIMAL CONDITIONING 6:30PM - 7:00PM	PRIMAL CONDITIONING 6:30PM - 7:00PM			
KETTLEBELL CONDITIONING 8:00PM-8:30PM	KETTLEBELL CONDITIONING 8:00PM-8:30PM	KETTLEBELL CONDITIONING 8:00PM-8:30PM	KETTLEBELL CONDITIONING 8:00PM-8:30PM			