

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			
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			KALI/Filipino Martial Arts (Basic) 12:00PM – 1:30PM	BOXING (Basic) 1:00PM – 2:30PM
MMA (Basic) 6:30PM - 8:00PM	OLYMPIC WRESTLING (Basic) 7:00PM - 8:30PM	SUBMISSION WRESTLING/ NO-GI BJJ (Basic) 6:30PM – 8:00PM			MUAY THAI KICKBOXING (Basic) 12:30PM - 1:30PM	
MUAY THAI KICKBOXING (Basic) 7:00PM - 8:00PM	BOXING (Basic) 7:00PM - 8:00PM	MUAY THAI KICKBOXING (Basic) 7:00PM - 8:00PM	BOXING (Basic) 7:00PM - 8:00PM			
	MUAY THAI FIGHT CLASS (Int. – Advanced) 8:00PM – 9:00PM	BRAZILIAN JIU JITSU GI (Basic) 8:00PM – 9:30PM	MUAY THAI KICKBOXING (Basic) 8:30PM – 9:30PM	MUAY THAI KICKBOXING (Basic) 6:30PM - 7:30PM		
BOXING (Basic) 8:30PM - 9:30PM	KALI/Filipino Martial Arts (Basic) 8:30PM - 10:00PM	MUAY THAI KICKBOXING (Basic) 8:30PM - 9:30PM	KALI/FMA 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			
CORE CONDITIONING 8:00PM-8:30PM		CORE 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 8:00PM-8:30PM			