



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	CARDIO KICKBOXING	MUAY THAI	CARDIO KICKBOXING	MUAY THAI	CARDIO KICKBOXING		
6:30 AM	BJJ ALL LEVELS	BJJ ALL LEVELS	BJJ ALL LEVELS	BJJ ALL LEVELS	NO GI ALL LEVELS		
9:00 AM	CARDIO KICKBOXING	CARDIO KICKBOXING	CARDIO KICKBOXING	CARDIO KICKBOXING	CARDIO KICKBOXING	KIDS BJJ GBK 1 - 9:15AM	
10:00 AM	BJJ COMPETITION	WOMEN'S BJJ	BJJ COMPETITION	WOMEN'S BJJ	BJJ COMPETITION	KIDS BJJ GBK2 CARDIO KICKBOXING KIDS KICKBOXING	
11:00 AM	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	BJJ ALL LEVELS MUAY THAI	
12:00 PM	BJJ ALL LEVELS	BJJ ALL LEVELS	BJJ ALL LEVELS	BJJ ALL LEVELS			
12:00 PM		MUAY THAI ADVANCED PRO		MUAY THAI ADVANCED PRO			
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5:00 PM		YOUTH KICKBOXING		YOUTH KICKBOXING			
5:30 PM	KIDS BJJ GBK 1	KIDS BJJ GBK 2	KIDS BJJ GBK 1	KIDS BJJ GBK 2	KIDS NO GI		
6:00 PM	CARDIO KICKBOXING		CARDIO KICKBOXING GBK 2 ADVANCED		MUAY THAI CARDIO KICKBOXING		
6:30 PM	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	BJJ FUNDAMENTALS	NO GI ALL LEVELS		
6:30 PM		MUAY THAI CARDIO KICKBOXING		MUAY THAI CARDIO KICKBOXING	CLASSES ALSO AVAILABLE ON zoom		
7:00 PM	MUAY THAI WRESTLING		MUAY THAI WRESTLING				
7:30 PM	BJJ ADVANCED	BJJ ADVANCED MUAY THAI ADVANCED PRO	BJJ ADVANCED	BJJ ADVANCED MUAY THAI ADVANCED PRO			



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