

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Class/Martial Art	Class/Martial Art	Class/Martial Art	Class/Martial Art	Class/Martial Art	Class/Martial Art	Class/Martial Art
6:00am-4:00pm PERSONAL TRAINING AVAILABLE	6:00am-4:00pm PERSONAL TRAINING AVAILABLE	6:00am-4:00pm PERSONAL TRAINING AVAILABLE	6:00am-4:00pm PERSONAL TRAINING AVAILABLE	6:00am-4:00pm PERSONAL TRAINING AVAILABLE	10:00am-11:00am Youth Legends Group 1&2 Karate-Kickboxing Sparring	10:00-10:45am Tiny Tots Group 2 Karate-Kickboxing
ADULTS ONLY 11:00-12:00pm Muay Thai K-1 Kickboxing	ADULTS ONLY 11:00-12:00pm Muay Thai K-1 Kickboxing	ADULTS ONLY 11:00-12:00pm Muay Thai K-1 Kickboxing	ADULTS ONLY 11:00-12:00pm Muay Thai K-1 Kickboxing		11:00am-12:00pm Young Legends Group 2 Karate-Kickboxing	11:00am-12:00pm Young Legends Group 2 Karate-Kickboxing
5:15-6:00pm Tiny Tots Group 1 Karate-Kickboxing	5:00-6:00pm Youth Legends Group 1 Karate-Kickboxing	5:15-6:00pm Tiny Tots Group 2 Karate-Kickboxing	5:00-6:00pm Youth Legends Group 1 Karate-Kickboxing	5:15-6:00pm Tiny Tots Group 1 Karate-Kickboxing	ADULTS ONLY 12:00-1:00pm	ADULTS ONLY 12:00-1:00pm
6:00-7:00pm Young Legends Group 1 Karate-Kickboxing	6:00-7:00pm Youth Legends Group 2 Karate-Kickboxing	6:00-7:00pm Young Legends Group 1 Karate-Kickboxing	6:00-7:00pm Youth Legends Group 2 Karate-Kickboxing	6:00-7:00pm Young Legends Group 1&2 Karate-Kickboxing Sparring		
ADULTS ONLY 7:00-8:00pm	ADULTS ONLY 7:00-8:00pm	ADULTS ONLY 7:00-8:00pm	ADULTS ONLY 7:00-8:00pm	ADULTS ONLY 7:00-8:00pm	1:00-2:00pm BOXING	
Muay Thai K-1 Kickboxing	Muay Thai K-1 Kickboxing	Muay Thai K-1 Kickboxing Sparring	Muay Thai K-1 Kickboxing	FIGHTERS CAMP ONLY	2:30-3:30pm Brazilian Jiu Jitsu	
ADULTS ONLY 8:00-9:00pm	ADULTS ONLY 8:00-9:00pm	ADULTS ONLY 8:00-9:00pm	ADULTS ONLY 8:00-9:00pm	ADULTS ONLY 8:00-9:00pm		
BOXING BEGINNER	Room 1: BOXING Room 2: Brazilian Jiu Jitsu	Room 1: Muay Thai K-1 Kickboxing Beginner Room 2: Brazilian Jiu Jitsu	Room 1: BOXING Room 2: Brazilian Jiu Jitsu	Room 1: BOXING Room 2: Brazilian Jiu Jitsu	BOXING SPARRING	

Tiny Tots Ages 4 to 6    Young Legends Ages 7 to 11    Youth Legends Ages 12 to 15    Adults 16+