MONDAY

6:30am – 7:30am
Gym 1
Rise & Shine Beginner Kickboxing

11:00am – 12:00pm
Gym 1 Open Gym*

12:00pm – 1:00pm
Gym 1
Muay Thai Kickboxing (Int-Adv)

Gym 2
Beginner Muay Thai Kickboxing

12:00pm– 1:00pm
Gym 4 Open Mat**
(Jiu-Jitsu)

12:30pm– 1:30pm
Gym 3 Combat Conditioning

1:00pm– 2:00pm
Gym 1
Open Gym*

1:30pm– 2:30pm
Gym 4
Competition Team Training (Invite Only)

4:15pm – 5:15pm
Gym 3 NO EXCUSES 30-Min HIIT

4:30pm – 5:15pm
Gym 1
Children's Kickboxing
5-9 Years Old
(Beginners Welcome)

Gym 2
Children's Kickboxing
10-14 Years Old
(Beginners Welcome)

5:15pm – 5:45pm*
Gym 1 & 2 Ladies Only Open Gym

5:30pm – 6:30pm
Gym 3 Combat Conditioning

5:45pm – 6:45pm***
Gym 4
Ladies Only Kickboxing (Int-Adv)

Gym 1 & 2
Beginners Ladies Only Kickboxing

7:00pm – 8:00pm
Gym 1
Muay Thai Kickboxing (Int-Adv)

Gym 2
Beginner Muay Thai Kickboxing

Gym 3 & 4
Beginner Boxing w/ Olympian & World Champion Manny Sobral

8:00pm – 9:30pm
Gym 1
Beginner Jiu-Jitsu

Gym 4
Competition Team Training (Invite Only)

8:00pm – 9:00pm
Gym 2 & 3 Open Gym*

TUESDAY

6:30am – 7:30am
Gym 3 Combat Conditioning

9:00am – 10:00pm
Gym 1 Beginner Kickboxing

11:00am – 12:00pm
Gym 1 Open Gym*

12:00pm – 1:00pm
Gym 1
Muay Thai Kickboxing (Int-Adv)

Gym 2
Beginner Muay Thai Kickboxing

12:00pm– 1:00pm
Gym 4 Open Mat**
(Jiu-Jitsu)

1:30pm– 2:30pm
Gym 4
Competition Team Training (Invite Only)

4:15pm – 5:15pm
Gym 3 NO EXCUSES 30-Min HIIT

4:30pm – 5:15pm
Gym 1
Children's Jiu-Jitsu
5-14 Years Old
(Beginners Welcome)

5:15pm – 5:45pm*
Gym 1 & 2 Ladies Only Open Gym

5:30pm – 6:30pm
Gym 3 Combat Conditioning

5:45pm – 6:45pm***
Gym 1
Ladies Only Kickboxing (Int-Adv)

Gym 1
Beginners Ladies Only Kickboxing

Gym 4
Ladies Only Jiu-Jitsu (Beginners Welcome)

7:00pm – 8:00pm
Gym 1
Muay Thai Kickboxing (Int-Adv)

Gym 2
Beginner Muay Thai Kickboxing

Gym 3
Boxing
(All Levels)

7:00pm – 8:30pm
Gym 4 Jiu-Jitsu
(Beginners Welcome)

8:00pm – 9:00pm
Gym 1
MMA

8:00pm – 9:00pm
Gym 3 & 4 Open Gym*

WEDNESDAY

6:30am – 7:30am
Gym 1
Rise & Shine Beginner Kickboxing

11:00am – 12:00pm
Gym 1 Open Gym*

12:00pm – 1:00pm
Gym 1
Muay Thai Kickboxing (Int-Adv)

Gym 2
Beginner Muay Thai Kickboxing

12:00pm– 1:00pm
Gym 4 Open Mat**
(Jiu-Jitsu)

12:30pm– 1:30pm
Gym 3 Combat Conditioning

1:00pm– 2:00pm
Gym 1
Open Gym*

1:30pm– 2:30pm
Gym 4
Competition Team Training (Invite Only)

4:15pm – 5:15pm
Gym 3 NO EXCUSES 30-Min HIIT

4:30pm – 5:15pm
Gym 1
Children's Kickboxing
5-9 Years Old
(Beginners Welcome)

Gym 2
Children's Kickboxing
10-14 Years Old
(Beginners Welcome)

5:15pm – 5:45pm*
Gym 1 & 2 Ladies Only Open Gym

5:30pm – 6:30pm
Gym 3 Combat Conditioning

5:45pm – 6:45pm***
Gym 4
Ladies Only Kickboxing (Int-Adv)

Gym 1 & 2
Beginners Ladies Only Kickboxing

7:00pm – 8:00pm
Gym 1
Muay Thai Kickboxing (Int-Adv)

Gym 2
Beginner Muay Thai Kickboxing

Gym 3 & 4
Beginner Boxing

8:00pm – 9:30pm
Gym 1
Beginner Nogi Jiu-Jitsu

Gym 4
Competition Team Training (Invite Only)

8:00pm – 9:00pm
Gym 2 & 3 Open Gym*

THURSDAY

6:30am – 7:30am
Gym 3 Combat Conditioning

9:00am – 10:00pm
Gym 1 Beginner Kickboxing

11:00am – 12:00pm
Gym 1 Open Gym*

12:00pm – 1:00pm
Gym 1
Muay Thai Kickboxing (Int-Adv)

Gym 2
Beginner Muay Thai Kickboxing

12:00pm– 1:00pm
Gym 4 Open Mat**
(Jiu-Jitsu)

1:30pm– 2:30pm
Gym 4
Competition Team Training (Invite Only)

4:15pm – 5:15pm
Gym 3 NO EXCUSES 30-Min HIIT

4:30pm – 5:15pm
Gym 1
Children's Jiu-Jitsu
5-14 Years Old
(Beginners Welcome)

5:15pm – 5:45pm*
Gym 1 & 2 Ladies Only Open Gym

5:30pm – 6:30pm
Gym 3 Combat Conditioning

5:45pm – 6:45pm***
Gym 1
Ladies Only Kickboxing (Int-Adv)

Gym 1
Beginners Ladies Only Kickboxing

Gym 4
Ladies Only Jiu-Jitsu (Beginners Welcome)

7:00pm – 8:00pm
Gym 1
Muay Thai Kickboxing (Int-Adv)

Gym 2
Beginner Muay Thai Kickboxing

Gym 3
Boxing
(All Levels)

7:00pm – 8:30pm
Gym 4 Jiu-Jitsu
(Beginners Welcome)

8:00pm – 9:00pm
Gym 1
MMA

8:00pm – 9:00pm
Gym 3 & 4 Open Gym*

FRIDAY

6:30am – 7:30am
Gym 1
Rise & Shine Beginner Kickboxing

11:00am – 12:00pm
Gym 1 Open Gym*

12:00pm – 1:00pm
Gym 1
Muay Thai Kickboxing (Int-Adv)

Gym 2
Beginner Muay Thai Kickboxing

12:00pm– 1:00pm
Gym 4 Open Roll w/ Tom Montes (Jiu-Jitsu)

12:30pm– 1:30pm
Gym 3 Combat Conditioning

1:00pm– 2:00pm
Gym 1
Open Gym*

1:30pm– 2:30pm
Gym 4
Competition Team Training (Invite Only)

4:15pm – 5:15pm
Gym 3 NO EXCUSES 30-Min HIIT

4:30pm – 5:15pm
Gym 1
Children's Wrestling
5-14 Years Old
(Beginners Welcome)

5:15pm – 5:45pm*
Gym 1 & 2 Ladies Only Open Gym

5:45pm – 6:45pm***
Gym 1
Ladies Only Kickboxing (Int-Adv)

Gym 2
Beginners Ladies Only Kickboxing

6:00pm– 7:00pm
Gym 3
Beginner Boxing

6:00pm– 7:30pm
Gym 4
Beginner Jiu-Jitsu

7:00pm – 8:00pm
Gym 1
Muay Thai Kickboxing (Int-Adv)

Gym 2
Beginner Muay Thai Kickboxing

7:30pm – 8:30pm
Gym 4 Wrestling

SATURDAY

9:00am – 9:45am
Gym 1
Children's Jiu-Jitsu
4-14 Years Old
(Beginners Welcome)

9:00am – 10:30am
Gym 2
Ladies Only Jiu-Jitsu
(Beginners Welcome)

10:00am – 12:00pm
Gym 4
Jiu-Jitsu Conditioning

11:00am – 12:00pm
Gym 3
Combat Conditioning

12:00pm – 1:00pm
Gym 1
Muay Thai Kickboxing
(All Levels)

12:00pm – 1:00pm
Gym 3
Open Gym*

1:00pm – 2:00pm
Gym 3 & 4
Beginner Boxing

Saturdays after 2:00pm
are available for
private group training or studio rental
*Birthday Parties are also available

SUNDAY

Sundays are available for
private individual or group training sessions
or studio rentals
*Birthday Parties also available

*****During the hours of 5:15 and 6:45pm Mon-Fri DCS is a Ladies Only Facility**

***During open gym hours, trainers may be available for pad work. ($5 per round)**

***During open mat the gym is reserved for those who want to roll or drill Jiu-Jitsu (Gi and Nogi)**