


<b>MONDAY</b> 6:30am – 7:30am Gym 1 Rise & Shine Kickboxing	<b>TUESDAY</b> 6:30am – 7:30am Gym 3 Combat Conditioning†	<b>WEDNESDAY</b> 6:30am – 7:30am Gym 1 Rise & Shine Kickboxing	<b>THURSDAY</b> 6:30am – 7:30am Gym 3 Combat Conditioning	<b>FRIDAY</b> 6:30am – 7:30am Gym 1 Rise & Shine Kickboxing	<b>SATURDAY</b> 9:00am – 9:30am Gym 2 Children's Jiu-Jitsu 4-6 Years Old (All Levels)
12:00pm – 1:00pm Gym 1 Muay Thai Kickboxing (Beginner-Int) Gym 2 Muay Thai Kickboxing (Int-Adv)	9:00am – 10:00am Gym 1 Kickboxing (All Levels)	12:00pm – 1:00pm Gym 1 Muay Thai Kickboxing (Beginner-Int) Gym 2 Muay Thai Kickboxing (Int-Adv)	9:00am – 10:00am Gym 1 Kickboxing (All Levels)	12:00pm – 1:00pm Gym 1 Muay Thai Kickboxing (Beginner-Int) Gym 2 Muay Thai Kickboxing (Int-Adv)	Gym 1 Children's Jiu-Jitsu 7-14 Years Old (All Levels)
12:00pm – 1:00pm Gym 4 Jiu-Jitsu (All Levels)	12:00pm – 1:00pm Gym 1 Muay Thai Kickboxing (Beginner-Int) Gym 2 Muay Thai Kickboxing (Int-Adv)	12:00pm – 1:30pm Gym 4 Nogi Jiu-Jitsu (All Levels)	12:00pm – 1:00pm Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv)		9:00am – 10:30am Gym 4 Women's Only Jiu-Jitsu
12:30pm – 1:30pm Gym 3 Combat Conditioning	12:00pm – 1:30pm Gym 4 Nogi Jiu-Jitsu (All Levels)	12:30pm – 1:30pm Gym 3 Combat Conditioning†	12:00pm – 1:30pm Gym 4 Nogi Jiu-Jitsu (All Levels)	12:30pm – 1:30pm Gym 3 Combat Conditioning	10:00am – 11:30pm Gym 1 Nogi Jiu-Jitsu (All Levels)
4:15pm – 5:15pm Gym 3 Back to the Basics – Fundamentals of Strength and Conditioning	4:15pm – 5:15pm Gym 3 Back to the Basics – Fundamentals of Strength and Conditioning	4:15pm – 5:15pm Gym 3 Back to the Basics – Fundamentals of Strength and Conditioning	4:15pm – 5:15pm Gym 3 Back to the Basics – Fundamentals of Strength and Conditioning	4:15pm – 5:15pm Gym 3 Back to the Basics – Fundamentals of Strength and Conditioning	10:45am – 11:45pm Gym 3 Combat Conditioning†
4:30pm – 5:00pm Gym 4 Children's Kickboxing 5-6 Years Old (All Levels) 4:30pm – 5:15pm Gym 1 Children's Kickboxing 7-9 Years Old (All Levels) Gym 2 Children's Kickboxing 10-14 Years Old (All Levels)	4:30pm – 5:00pm Gym 4 Children's Jiu-Jitsu 5-6 Years Old (All Levels) 4:30pm – 5:15pm Gym 1 Children's Jiu-Jitsu 7-9 Years Old (All Levels) Gym 2 Children's Jiu-Jitsu 10-14 Years Old (All Levels)	4:30pm – 5:00pm Gym 4 Children's Kickboxing 5-6 Years Old (All Levels) 4:30pm – 5:15pm Gym 1 Children's Kickboxing 7-9 Years Old (All Levels) Gym 2 Children's Kickboxing 10-14 Years Old (All Levels)	4:30pm – 5:00pm Gym 4 Children's Jiu-Jitsu 5-6 Years Old (All Levels) 4:30pm – 5:15pm Gym 1 Children's Jiu-Jitsu 7-9 Years Old (All Levels) Gym 2 Children's Jiu-Jitsu 10-14 Years Old (All Levels)	4:30pm – 5:00pm Gym 1 Children's Wrestling 5-6 Years Old (All Levels) 4:30pm – 5:15pm Gym 2 Children's Wrestling 7-14 Years Old (All Levels)	12:00pm – 1:00pm Gym 1 Kickboxing (Beginner) 12:00pm – 1:00pm Gym 2 Kickboxing (Int) 12:00pm – 1:00pm Gym 4 Kickboxing (Adv)
5:30pm – 6:30pm Gym 3 Combat Conditioning	5:30pm – 6:30pm Gym 3 Combat Conditioning† 5:45pm – 6:45pm Gym 4 Pad Smashing Class (All Levels)	5:30pm – 6:30pm Gym 3 Combat Conditioning	5:30pm – 6:30pm Gym 3 Combat Conditioning 5:45pm – 6:45pm Gym 4 Pad Smashing Class (All Levels)		1:15pm – 2:15pm Gym 4 Boxing (Beginner) 1:15pm – 2:15pm Gym 3 Boxing (Int)
5:45pm – 6:45pm**** Gym 1 Women's Only Kickboxing (Beginner-Int) Gym 2 Women's Only Kickboxing (Int-Adv)	5:45pm – 6:45pm**** Gym 1 Women's Only Kickboxing (Beginner-Int) Gym 2 Women's Only Jiu-Jitsu	5:45pm – 6:45pm**** Gym 4 Introductory Women's only Kickboxing Gym 1 Women's Only Kickboxing (Beginner-Int) Gym 2 Women's Only Kickboxing (Int-Adv)	5:45pm – 6:45pm**** Gym 1 Women's Only Kickboxing (Beginner-Int) Gym 2 Women's Only Jiu-Jitsu (All Levels)	5:45pm – 6:45pm**** Gym 1 Women's Only Kickboxing (Beginner-Int) Gym 2 Women's Only Kickboxing (Int-Adv)	<b>SUNDAY</b> Sundays are available for private individual or group training sessions or studio rentals. Birthday Parties also available.
7:00pm – 8:00pm Gym 1 Muay Thai Kickboxing (Beginner-Int) Gym 2 Muay Thai Kickboxing (Int-Adv) Gym 3 Boxing w/ Olympian & World Champion Manny Sobral (Int) Gym 4 Boxing (Beginner)	7:00pm – 8:00pm Gym 1 Muay Thai Kickboxing (Beginner-Int) Gym 4 Muay Thai Kickboxing (Int-Adv) Gym 3 Boxing (All Levels)	7:00pm – 8:00pm Gym 1 Muay Thai Kickboxing (Beginner-Int) Gym 2 Muay Thai Kickboxing (Int-Adv) Gym 3 Beginner Boxing	7:00pm – 8:00pm Gym 1 Muay Thai Kickboxing (Beginner-Int) Gym 4 Muay Thai Kickboxing (Int-Adv) Gym 3 Boxing (All Levels)	6:00pm – 7:00pm Gym 3 Beginner Boxing 6:00pm – 7:30pm Gym 4 Beginner Jiu-Jitsu	
8:15pm – 9:45pm Gym 1 Jiu-Jitsu (Beginner-Int)	7:00pm – 8:30pm Gym 2 Nogi Jiu-Jitsu 8:30pm – 9:30pm Gym 2 Nogi Jiu-Jitsu (Int-Adv)	7:00pm – 8:30pm Gym 4 Beginner Jiu-Jitsu 8:30pm – 9:30pm Gym 4 Jiu-Jitsu (Int-Adv)	7:00pm – 8:30pm Gym 2 Nogi Jiu-Jitsu 8:30pm – 9:30pm Gym 2 Nogi Jiu-Jitsu (Int-Adv)	7:00pm – 8:00pm Gym 1 Muay Thai Kickboxing (Beginner-Int) Gym 2 Muay Thai Kickboxing (Int-Adv)	



## TEMPORARY SCHEDULE