

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY****SUNDAY**

Muay Thai
6:00 – 7:00 a.m.

Muay Thai
12:00 – 1:00 p.m.

No-Gi BJJ
12:30 – 2:00 p.m.

Muay Thai
9:00 – 10:00 a.m.

Kids Muay Thai
5:15 – 6:00 p.m.

Kid's BJJ
5:15 – 6:00 p.m.

Kid's Muay Thai
5:15 – 6:00 p.m.

Kid's BJJ
5:15 – 6:00 p.m.

Kid's BJJ
5:15 – 6:00 p.m.

Conditioning
10:00 – 11:00 a.m.

No-Gi BJJ
6:00 – 7:00 p.m.

Muay Thai
6:00 – 7:00 p.m.

Wrestling
6:00 – 7:00 p.m.

Muay Thai
6:00 – 7:00 p.m.

Boxing
6:00 – 7:00 p.m.

Wrestling
11:00 – 12:00 p.m.

Yoga
10:00 – 11:00 a.m.

Boxing
7:00 – 8:00 p.m.

Open Muay Thai
7:00 – 7:30 p.m.

Boxing
7:00 – 8:00 p.m.

Fundamentals
No-Gi BJJ
7:00 – 8:30 p.m.

Competition
Training*
7:00 – 8:30 p.m.

Open Mat
12:00 – 2:00 p.m.

Open Mat
11:00 – 1:00 p.m.

Open Boxing
8:00 – 8:30 p.m.

No-Gi BJJ
7:30 – 9:00 p.m.

Yoga
8:10 – 9:10 p.m.

Advanced
No-Gi BJJ
8:30 – 9:30 p.m.

Gi BJJ
2:00 – 3:00 p.m.

* This is an advanced class, please speak to an instructor before attending
Please note all classes will end 5 minutes before the scheduled end time to allow for cleaning of the mats