

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00a-2:00p Private Lessons	10:00a-2:00p Private Lessons	9:00a-2:00p Private Lessons	10:00a-2:00p Private Lessons	10a-5:00p Private Lessons	8:45-9:45a Teen/Adult Fitness Kickboxing	
3:40-4:25p Age 6-8 Striking		3:40-4:25p Age 6-8 Striking			10-10:30a Age 3-4 Preschool 1	
4:30-5:15p Age 8-11 Beginner Striking		4:30-5:15p Age 8-11 Beginner Striking			10:35-11:15 Age 5-6 Preschool 2	11am-12p Teen/Adult Fitness Kickboxing
5:20-6:05p Age 8-11 Int/Adv Striking	4:15-5:00p Youth BJJ	5:20-6:05p Age 8-11 Int/Adv Striking	4:10-5:00p Youth BJJ	5:00-6:00p Kids Stand up Sparring *invite only	11:15-12p Age 6-7 MMA Preschool 3	12-1:00p Boxing (Must Book)
6:10-7:00p Teen Striking	5:00-5:55p Teen BJJ	6:10-7:00p Teen Striking	5:00-5:55p Teen BJJ	6:00-6:50p Teen/Adult Fitness Kickboxing	12:05p-1p Adult Striking	1:00-2:15p Adult Wrestling
7:10-8:10 Adult Striking	6:00-6:45p Age 7-11 Beginner Striking	7:10-8:10 Adult Striking	6:00-6:45p Age 7-11 Beginner Striking	7:00-8:00p Stand up Sparring		
8:15-9:15p Adult BJJ (NoGi)	7:00-8:15p Adult BJJ	8:15-9:15p Adult BJJ (NoGi)	7:00-8:15p Adult BJJ	8:00-9:00p BJJ Rolling		