

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOXING 101 12:00 - 1:00 PM		BOXING 101 12:00 - 1:00 PM		BOXING 101 12:00 - 1:00 PM	BOXING 101 10:00 - 11:00 AM
OPEN GYM 3:00 - 5:00 PM	OPEN GYM 3:00 - 5:00 PM	OPEN GYM 3:00 - 4:30 PM	OPEN GYM 3:00 - 5:00 PM	OPEN GYM 3:00 - 5:00 PM	NO GI BJJ 11:00 - 12:30 PM
YOUTH BOXING 5:00 - 6:00 PM	KIDS BJJ 5:00 - 6:00 PM	KIDS PREMIERE BJJ 4:30 - 6:00 PM - INVITE ONLY -	KIDS BJJ 5:00 - 6:00 PM	KIDS BASICS BJJ 5:00 - 6:00 PM	
BOXING 101 6:00 - 7:00 PM	ADULT GI BJJ 6:00 - 7:30 PM	BOXING 101 6:00 - 7:00 PM	ADULT GI BJJ 6:00 - 7:30 PM	KICKBOXING 6:00 - 7:00 PM	
NO GI BJJ 7:00 - 8:30 PM	STRIKING & MMA 7:30 - 8:30 PM - SPARRING GEAR REQUIRED -	TECHNICAL SPARRING 7:00 - 8:00 PM - SPARRING GEAR REQUIRED -	STRIKING & MMA 7:30 - 8:30 PM - SPARRING GEAR REQUIRED -		