

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOXING 101 12:00 - 1:00 PM COACH MARK		BOXING 101 12:00 - 1:00 PM COACH MARK		BOXING 101 12:00 - 1:00 PM COACH MARK	BOXING 101 10:00 - 11:00 AM COACH MARK
OPEN GYM 3:00 - 5:00 PM	LITTLE ROLLERS 4:30 - 5:00 PM 4 - 5 YRS	TEENS BOXING 4:00 - 5:00 PM 11 - 15 YRS	LITTLE ROLLERS 4:30 - 5:00 PM 4 - 5 YRS	OPEN GYM 3:00 - 5:00 PM	NO GI BJJ 11:00 - 12:30PM COACH LUIS
TEENS BOXING 5:00 - 6:00 PM 11 - 15 YRS	KIDS GI BJJ 5:00 - 6:00 PM 6 - 14 YRS	KIDS GI BJJ 5:00 - 6:00 PM 6 - 14 YRS	KIDS GI BJJ 5:00 - 6:00 PM 6 - 14 YRS	KIDS BEGINNER BJJ 5:00 - 6:00 PM 6 - 14 YRS	
BOXING 101 6:00 - 7:00 PM COACH MATHIAS	ADULT GI BJJ 6:00 - 7:30 PM COACH CABANA	BOXING 101 6:00 - 7:00 PM COACH OLIVIA	ADULT GI BJJ 6:00 - 7:30 PM COACH CABANA	KICKBOXING 6:00 - 7:00 PM COACH MARK	KEY YOUTH STRIKING GRAPPLING ADVANCED
BJJ FUNDAMENTALS 7:00 - 8:30 PM COACH JOE, OLIVIA & APOLLO	STRIKING 201 7:30 - 8:30 PM COACH MARK & MICHEAL	MMA 101 7:00 - 8:00 PM COACH MATHIAS & JOE	STRIKING 201 7:30 - 8:30 PM COACH MARK & MICHEAL		