

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

7-8AM

BOOTCAMP **BOOTCAMP****BOOTCAMP** **BOOTCAMP** **BOOTCAMP**

10-11AM

**LADIES
(BOXING, S & C)****Moms+Tots
(45 mins)****LADIES
(BOXING, S & C)****Moms+Tots
(45 mins)****LADIES
(BOXING, S & C)****BOXING** **SPECIAL
BOOTCAMP** 

1-2PM

**STRENGTH &
CONDITIONING** **MUAY THAI** **CORE STRENGTH****MUAY THAI** **STRENGTH &
CONDITIONING** **MUAY THAI**

2-3PM

**KIDS KICK BOXING
TEEN BOXING**

3-4PM

KIDS GYMNASTICS**KIDS GYMNASTICS** **KYOKUSHIN
KARATE**

4-5PM

KIDS GYMNASTICS**KIDS KARATE****KIDS GYMNASTICS**

5-6PM

TEEN MUAY THAI**KIDS GYMNASTICS****KIDS KICK BOXING
TEEN MUAY THAI****TEEN MUAY THAI****KIDS GYMNASTICS****BJJ
With Gi**

6-7PM

 **BJJ
No Gi** **BJJ
With Gi** **BJJ
No Gi**

7-8PM

BOXING **MUAY THAI****MUAY THAI
SPARRING**

8-9PM

MUAY THAI **KYOKUSHIN
KARATE****BOXING**  **KYOKUSHIN
KARATE**