

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

7-8AM

**BOOTCAMP**

 **BOOTCAMP**

**BOOTCAMP** 

**BOOTCAMP**

 **BOOTCAMP**

10-11AM

**BOXING** 

**SPECIAL  
BOOTCAMP** 

1-2PM

**STRENGTH &  
CONDITIONING**

 **MUAY THAI**

 **CORE STRENGTH**

**MUAY THAI** 

**STRENGTH &  
CONDITIONING**

 **MUAY THAI**

2-3PM

**KIDS  
KICKBOXING**

3-4PM

**KYOKUSHIN  
KARATE**

4-5PM

**KIDS  
KARATE**



5-6PM

**TEEN MUAY THAI**

**KIDS  
KICKBOXING/BJJ**

**TEEN MUAY THAI**

**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**