

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

7-8AM

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

10-11AM

**LADIES  
(BOXING, S & C)****BJJ with Gi  
12-1pm****BJJ with Gi  
12-1pm****LADIES  
(BOXING, S & C)****BOXING  
BJJ with Gi****SPECIAL  
BOOTCAMP** 

1-2PM

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

2-3PM

**KIDS KICKBOXING  
TEEN BOXING**

3-4PM

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

4-5PM

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

5-6PM

**TEEN MUAY THAI****KIDS GYMNASTICS****KIDS KICKBOXING  
TEEN MUAY THAI****TEEN MUAY THAI****KIDS GYMNASTICS**

6-7PM

**BJJ  
No Gi****MMA****BJJ  
No Gi**

7-8PM

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

8-9PM

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