

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 K'BOXING

3-4PM

KYOKUSHIN KARATE ALL AGES

4-5PM

KIDS KARATE

5-6PM

TEEN MUAY THAI

KIDS K'BOXING/BJJ

TEEN MUAY THAI

6-7PM

 **BRAZILIAN JIJITZU**

 **BRAZILIAN JIJITZU**

 **BRAZILIAN JIJITZU**

7-8PM

BOXING 

BOOTCAMP

 **MUAY THAI**

BOOTCAMP

 **MUAY THAI SPARRING**

8-9PM

 **MUAY THAI**

KYOKUSHIN KARATE

BOXING 

 **KYOKUSHIN KARATE**

