

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

7-8AM

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

10-11AM

**LADIES
(BOXING, S & C)****MMA/SPARRING
Moms+Tots
(45 mins)****LADIES
(BOXING, S & C)****MMA/SPARRING
Moms+Tots
(45 mins)****LADIES
(BOXING, S & C)****BOXING
BJJ with Gi****SPECIAL
BOOTCAMP** 

1-2PM

**STRENGTH &
CONDITIONING****MUAY THAI****CORE STRENGTH****MUAY THAI****STRENGTH &
CONDITIONING****MUAY THAI****MMA
11-12:30pm**

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

7-8PM

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

8-9PM

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