

MONDAY

12:00pm - 1:00pm

MUAY THAI

4:00pm - 4:45pm

TEEN SPARTAN AGES 12-15
YOUNG CUBS BJJ AGES 5-7

4:45PM - 5:30PM

YOUNG CUBS BJJ AGES 8-11
YOUNG CUBS MUAY THAI AGE 8-11

5:30pm - 6:15pm

Strength & Fitness
TEEN SPARTAN BJJ AGES 12-15

6:15pm - 7:15pm

Women's Kickboxing
Brazilian Jiu Jitsu (GI)

7:15pm - 8:00pm

MUAY THAI PAD WORK

8:00pm - 8:35pm

MUAY THAI ADVANCED

TUESDAY

12:00pm - 1:00pm

MUAY THAI

4:00pm - 4:45pm

TEEN SPARTAN AGES 12-15
YOUNG CUBS BJJ AGES 5-7

4:45PM - 5:30PM

YOUNG CUBS BJJ AGES 8-11

5:30pm - 6:15pm

Strength & Fitness
TEEN SPARTAN BJJ AGES 12-15

6:15pm - 7:15pm

Women's Kickboxing
Brazilian Jiu Jitsu (NO-GI)

7:15pm - 8:00pm

MUAY THAI DRILLS

8:00pm - 8:35pm

MUAY THAI CLINCH

SATURDAY

9:00am - 9:55am

YOGA

10:00am - 11:15am

CO-ED FITNESS AND KICKBOXING

WEDNESDAY

12:00pm - 1:00pm

MUAY THAI

4:00pm - 4:45pm

TEEN SPARTAN AGES 12-15
YOUNG CUBS BJJ AGES 5-7

4:45PM - 5:30PM

YOUNG CUBS BJJ AGES 8-11
YOUNG CUBS MUAY THAI AGE 8-11

5:30pm - 6:15pm

Strength & Fitness
TEEN SPARTAN BJJ AGES 12-15

6:15pm - 7:15pm

Women's Kickboxing
Brazilian Jiu Jitsu (GI)

7:15pm - 8:00pm

MUAY THAI PAD WORK

7:55pm - 8:35pm

MUAY THAI SPARRING

THURSDAY

12:00pm - 1:00pm

MUAY THAI

4:00pm - 4:45pm

TEEN SPARTAN AGES 12-15
YOUNG CUBS BJJ AGES 5-7

4:45pm - 5:30pm

YOUNG CUBS BJJ AGES 8-11

5:30pm - 6:15pm

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TEEN SPARTAN BJJ AGES 12-15

6:15pm - 7:15pm

Women's Kickboxing
Brazilian Jiu Jitsu (NO-GI)

7:15pm - 8:00pm

MUAY THAI DRILLS

8:00pm - 8:35pm

MUAY THAI ADVANCED

FRIDAY

12:00pm - 1:00pm

MUAY THAI

4:00pm - 4:45pm

TEEN SPARTAN AGES 12-15
YOUNG CUBS BJJ AGES 5-7

4:45pm - 5:30pm

YOUNG CUBS BJJ AGES 8-11
YOUNG CUBS MUAY THAI AGE 8-11

5:30pm - 6:15pm

Strength & Fitness
TEEN SPARTAN BJJ AGES 12-15

6:15pm - 7:15pm

Women's Kickboxing
Brazilian Jiu Jitsu (GI)

7:15pm - 8:00pm

MUAY THAI PAD WORK

8:00pm - 8:35pm

MUAY THAI CLINCH

SUNDAY

11:00am - 12:15pm

CO-ED FITNESS AND KICKBOXING