

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM - 8:00AM EARLY BIRD FITNESS	11:00AM - 12:00PM 55+ BOXING	7:00AM - 8:00AM EARLY BIRD FITNESS	11:00AM - 12:00PM 55+ BOXING	7:00AM - 8:00AM EARLY BIRD FITNESS
	12:00pm - 1:00pm MUAY THAI		12:00pm - 1:00pm MUAY THAI	
4:00pm - 4:45pm TEEN SPARTAN AGES 12-15 YOUNG CUBS BJJ AGES 5-7	4:00pm - 4:45pm TEEN SPARTAN AGES 12-15 YOUNG CUBS BJJ AGES 5-7	4:00pm - 4:45pm TEEN SPARTAN AGES 12-15 YOUNG CUBS BJJ AGES 5-7	4:00pm - 4:45pm TEEN SPARTAN AGES 12-15 YOUNG CUBS BJJ AGES 5-7	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	4:45PM - 5:30PM YOUNG CUBS BJJ AGES 8-11	4:45PM - 5:30PM YOUNG CUBS BJJ AGES 8-11 YOUNG CUBS MUAY THAI AGE 8-11	4:45pm - 5:30pm YOUNG CUBS BJJ AGES 8-11	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	5:30pm - 6:15pm Strength & Fitness TEEN SPARTAN BJJ AGES 12-15	5:30pm - 6:15pm Strength & Fitness TEEN SPARTAN BJJ AGES 12-15	5:30pm - 6:15pm Strength & Fitness TEEN SPARTAN BJJ AGES 12-15	5:30pm - 6:15pm Strength & Fitness TEEN SPARTAN BJJ AGES 12-15
6:15pm - 7:15pm Women's Kickboxing Brazilian Jiu Jitsu (GI)	6:15pm - 7:15pm Women's Kickboxing Brazilian Jiu Jitsu (NO-GI)	6:15pm - 7:15pm Women's Kickboxing Brazilian Jiu Jitsu (GI)	6:15pm - 7:15pm Women's Kickboxing Brazilian Jiu Jitsu (NO-GI)	6:15pm - 7:15pm Women's Kickboxing Brazilian Jiu Jitsu (GI)
7:15pm - 8:00pm MUAY THAI PAD WORK	7:15pm - 8:00pm MUAY THAI DRILLS	7:15pm - 8:00pm MUAY THAI PAD WORK	7:15pm - 8:00pm MUAY THAI DRILLS	7:15pm - 8:0pm MUAY THAI PAD WORK
8:00pm - 8:35pm MUAY THAI ADVANCED	8:00pm - 8:35pm MUAY THAI CLINCH	7:55pm - 8:35pm MUAY THAI SPARRING	8:00pm - 8:35pm MUAY THAI ADVANCED	8:00pm - 8:35pm MUAY THAI CLINCH
	SATURDAY		SUNDAY	
	9:00am - 9::55am YOGA			
	10:00am - 11:15am CO-ED FITNESS AND KICKBOXING		CLOSED FOR SUMMER	