



ADULT CLASS SCHEDULE

FOUNDATIONS PROGRAM 101

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Foundations Program 101 10:30 - 11:30am		Foundations Program 101 10:30 - 11:30am		Foundations Program 101 10:30 - 11:30am
Foundations Program 101 8:00 - 9:00pm	Foundations Program 101 6:30 - 7:30pm	Foundations Program 101 8:00 - 9:00pm	Foundations Program 101 6:30 - 7:30pm	Foundations Program 101 7:00 - 8:00pm	

MUAY THAI KICKBOXING 102 | 103

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Muay Thai 102 10:30 - 11:30am		Muay Thai 102 10:30 - 11:30am		Muay Thai 102 12:00 - 1:00pm
Muay Thai 102 7:15 - 8:15pm	Muay Thai 102 6:15 - 7:15pm	Muay Thai 102 7:15 - 8:15pm	Muay Thai 102 6:15 - 7:15pm	Muay Thai 102 6:00 - 7:00pm	Muay Thai Fight Team 103 1:00 - 1:30pm
	Muay Thai Fight Team 103 8:30 - 9:30pm		Muay Thai Fight Team 103 8:30 - 9:30pm		

JKD - JEET KUNE DO 102

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jeet Kune Do 102 7:00 - 8:00pm	Jeet Kune Do 102 7:30 - 8:30pm	Jeet Kune Do 102 7:00 - 8:00pm	Jeet Kune Do 102 7:30 - 8:30pm		Jeet Kune Do 102 12:00 - 1:00pm

BRAZILIAN JIU-JITSU | SUBMISSION WRESTLING | MMA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BJJ NO-GI 11:30am - 12:30pm		BJJ NO-GI 11:30am - 12:30pm		Brazilian Jiu Jitsu - GI 10:30 - 11:45am
CSW / MMA NO-GI 8:15 - 9:30pm	Brazilian Jiu Jitsu - GI 7:15 - 8:30pm	CSW / MMA NO-GI 8:15 - 9:30pm	Brazilian Jiu Jitsu - GI 7:15 - 8:30pm	BJJ NO-GI 6:30 - 7:45pm	

FMA / KALI

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	FMA / Kali 8:30p - 9:30p		Sayoc Kali 8:30p - 9:30p		FMA / Kali 1:00 - 2:00pm

CAGE FITNESS **COMING SOON! TO BE ANNOUNCED!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cage Fitness 4:00 - 4:30p	Cage Fitness 5:45 - 6:15p	Cage Fitness 4:00 - 4:30p	Cage Fitness 5:45 - 6:15p		Cage Fitness 11:30am - 12:00pm