

Style	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Jiu-Jitsu Classes are held in Room C								
Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu with Gi	10:45 - 12:15	6:00 - 7:15 pm	10:45 - 12:15	6:00 - 7:15 pm		11:00 - 12:30 pm	
	Brazilian Jiu-Jitsu No Gi/NHB	6:00 - 7:15 pm	10:45 - 12:15	6:00 - 7:15 pm	10:45 - 12:15			
	Brazilian Jiu-Jitsu for Kids	5:00 - 6:00 pm Ages 5 - 12		5:00 - 6:00 pm Ages 5 - 12			10:00 - 11:00 am Ages 5 - 12	
All Boxing and Bag Classes are held in Room B								
Boxing	Boxing		Beginner 7:15 - 8:15 pm Advanced 5:45 - 7:00 pm		Beginner 7:15 - 8:15 pm Advanced 5:45 - 7:00 pm			
All Judo Classes are held in Room C								
Judo	Judo	7:30 - 9:00 pm			7:30 - 9:00 pm			
	Judo Randori							
	Kaba Judo						2:00 - 3:00 pm off location	
All Krav Maga Classes are held in Room A								
Krav Maga	Krav Maga (Beginning - Intermediate)	Intro 6:00 - 6:30 pm 6:30 - 7:30 pm		6:30 - 7:30 pm			10:00 - 11:00 am	
	Krav Maga (Intermediate - Advanced)		6:45 - 7:45 pm		6:45 - 7:45 pm		11:00 - 12:00 pm	
	Krav Maga (Beginning - Intermediate)	12:00 - 1:00pm			12:00 - 1:00 pm	12:00 - 1:00pm		
All Muay Thai Classes are held in Room B								
Kickboxing / MMA	Fitness Bag	6:00 - 6:45 pm		6:00 - 6:45 pm			11:00 - 12:00 pm	
	Muay Thai	7:00 - 8:30 pm		7:00 - 8:30 pm			12:00 - 1:00 pm	
	Muay Thai for Kids		5:00 - 6:00 pm		5:00 - 6:00 pm		10:00 - 11:00 am	

** Personal Training Available upon Request **

Fitness Center Hours:

Mon - Thurs 7:00 am - 9:00 pm

Friday 7:00 am - 6:00 pm

Saturday 9:00 am - 3:00 pm

Closed Sunday

