

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO BOXING	12:00PM	5:30PM 6:45PM	12:00PM	5:30PM 6:45PM	12:00PM	9:30AM
CARDIO KICKBOXING	5:30PM	12:00PM	5:30PM 6:45PM (BAGS & BELLS)	12:00PM	6:00PM	11:30AM
INTERVAL TRAINING	6:00PM					
BOOT CAMP						11:00AM
TECHNICAL BOXING	7:30PM		7:30PM	7:30PM (ADVANCED)	4:30PM	
YOUTH BOXING (6-12)		4:30PM	5:00PM			
BRAZILIAN JUI JITSU (KIDS)		5:00PM (BJJ)		5:00PM (BJJ)		
BRAZILIAN JUI JITSU (ADULT)	6:00PM (MUAY THAI) 7:00PM (NO GI)	6:30PM (BJJ)	6:00PM (MUAY THAI) 7:00PM (NO GI)	6:30PM (BJJ)	6:00PM (OPEN MAT)	
KRAV MAGA (KIDS 5-12)	5:30PM	6:00PM		6:00PM (ADVANCED)		11:00AM
KRAV MAGA (ADULT/TEEN)		12:00PM 7:30PM (BEGINNER) 8:35PM (ADVANCED)	6:00PM (L2) 7:45PM (BEGINNER)	12:00PM 8:05PM (BEGINNER)	12:00PM (OPEN LEVELS)	8:30AM (BEGINNER) 9:30AM (ADVANCED) 12:00PM (BEGINNER)
HAP-KI-DO (ADULT)	6:30PM			7:00PM		
CARDIO KICK MIX	9:30AM (SHADOW BOX EXPLOSION)	9:30AM (STRENGTH)	9:30AM (ABS & GLUTES)	9:30AM (STRENGTH)	9:30AM	8:00AM
CONDITIONING CAMP	5:00AM 6:00AM	6:30AM	5:00AM 6:00AM	6:30AM	5:00AM 6:00AM	

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