

2023	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	9am Boxing	9am Boxing	9am Boxing	9am Boxing	9am Boxing	9am Boxing 9:30 Gi/NoGi BJJ
10:00 AM	No-Gi JiuJitsu	MMA Wrestling	No-Gi JiuJitsu	MMA Wrestling	No-Gi JiuJitsu	MMA Sparring
	Fight Camp BOXING 10am-12pm Invitation Only	Fight Camp BOXING 10am-12pm Invitation Only	Fight Camp BOXING 10am-12pm Invitation Only	Fight Camp BOXING 10am-12pm Invitation Only	Fight Camp BOXING 10am-12pm Invitation Only	Fight Camp BOXING 10am-12pm Invitation Only
11:00 AM		MMA Fundamentals		MMA Fundamentals		
12:00 PM						Boxing TThSaturday 12pm
1:00 PM						Kids Boxing TThS 1pm
3:30 PM	Lil Champions 3:30 - 4:00 pm		Lil Champions 3:30 - 4:00 pm			Set Classes: 3x Wk=\$199/mo Fight Camp= \$250/mo Unlimited= \$299/mo Registration: \$59 Drop In: *Can be used for any class 1 Session = \$30 10 Sessions = \$250 Verified Fighter = \$15 Personal Training 1 Session = \$60 10 Sessions = \$500
4:00 PM	Kids Boxing MWF	Kids Boxing TThS	Kids Boxing MWF	Kids Boxing TThS	Kids Boxing MWF	
5:00PM	5pm Boxing MWF	5pm Boxing TThSat	5pm Boxing MWF	5pm Boxing TThSat	5pm Boxing MWF	
	Kids/Teens No-Gi Jiu-Jitsu 5:00 - 6:00 pm		Kids/Teens No-Gi Jiu-Jitsu 5:00 - 6:00 pm		Kids/Teens No-Gi Jiu-Jitsu 5:00 - 6:00 pm	
6:00 PM	6pm Boxing MWF	6pm Boxing TThSat 9am	6pm Boxing MWF	6pm Boxing TThSat 9am	6pm Boxing MWF	
	Kickboxing 6:00 - 7:00 pm	MMA Wrestling 6:00 - 7:00 pm	Kickboxing 6:00 - 7:00 pm	MMA Wrestling 6:00 - 7:00 pm	Kickboxing 6:00 - 7:00 pm	
7:00 PM	7pm Boxing M-F	7pm Boxing M-F	7pm Boxing M-F	7pm Boxing M-F	7pm Boxing M-F	
	Kids Kickboxing 7:00 - 8:00 pm	MMA 7:00-8:00pm Gi/NoGi BJJ 7:00-8:00pm	Kids Kickboxing 7:00 - 8:00 pm	MMA 7:00-8:00pm Gi/NoGi BJJ 7:00-8:00pm	Kids Kickboxing 7:00 - 8:00 pm	
7:30 PM	Fight Camp 7:30 - 9:00 pm Invitation Only	Fight Camp 7:30 - 9:00 pm Invitation Only	Fight Camp 7:30 - 9:00 pm Invitation Only	Fight Camp 7:30 - 9:00 pm Invitation Only	Fight Camp 7:30 - 9:00 pm Invitation Only	
8:00 PM	Kickboxing 8:00 - 9:00 pm		Kickboxing 8:00 - 9:00 pm		Kickboxing 8:00 - 9:00 pm	