


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