


2022	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	9am Boxing	9am Boxing	9am Boxing	9am Boxing	9am Boxing	9am Boxing
	MMA Striking 9:00 - 10:30 am		MMA Striking 9am - 10:30 am	MMA Striking 9am - 10:30 am		
10:00 AM	Fight Camp BOXING 10am-12pm Invitation Only	Fight Camp BOXING Sparring 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 Sparring Invitation Only
10:30 AM	MMA Grappling 10:30am - 12:00pm	MMA Sparring 10:00am - 12:00pm	MMA Grappling 10:30am - 12:00pm	MMA Grappling 10:30am - 12:00pm	MMA Sparring 10:00am - 12:00pm	
12:00 PM	Fighter's S & C 12:00pm - 1pm	Fighter's S & C 12:00pm - 1pm	Fighter's S & C 12:00pm - 1pm	Fighter's S & C 12:00pm - 1pm	Fighter's S & C 12:00pm - 1pm	Boxing TThSat 12pm
1:00 PM						Boxing TThSat 1pm
						Kids Boxing TThSat 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 TThS	5pm Boxing MWF	5pm Boxing TThS	5pm Boxing MWF	
5:45 PM	Kids (6-12yo) Gi Jiu-Jitsu 5:45 - 6:45 pm		Kids (6-12yo) Gi Jiu-Jitsu 5:45 - 6:45 pm		Kids (6-12yo) No-Gi Jiu-Jitsu 5:45 - 6:45 pm	
6:00 PM	6pm Boxing MWF	6pm Boxing TThS	6pm Boxing MWF	6pm Boxing TThS	6pm Boxing MWF	
	Kickboxing 6:00 - 7:00 pm		Kickboxing 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		Kids Kickboxing 7:00 - 8:00 pm		Kids Kickboxing 7:00 - 8:00 pm	
	Gi Jiu-Jitsu 7:00-8:30pm		Gi Jiu-Jitsu 7:00-8:30pm		No-Gi Jiu-Jitsu 7:00-8:30pm	
		MMA 7:00-8:30pm	MMA 7:00-8:30pm	MMA 7:00-8:30pm		
7:30 PM	Fight Camp 7:30-9pm Invitation Only	Fight Camp 7:30-9pm Invitation Only	Fight Camp 7:30-9pm Invitation Only	Fight Camp 7:30-9pm Invitation Only	Fight Camp 7:30-9pm Invitation Only	
8:00 PM	Kickboxing 8:00 - 9:00 pm		Kickboxing 8:00 - 9:00 pm		Kickboxing 8:00 - 9:00 pm	