



Fitness Fight Factory Haslet

12515 N Saginaw Blvd Suite 103, Fort Worth TX 76179

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Hours Monday -Thursday
Saturday

4:30-9:00
8:30-12:30

FITNESS KICKBOXING AND BOXING PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						Kickboxing
5:30 PM	Kickboxing	Boxing	Kickboxing	Boxing		
7:00 PM	Boxing	Kickboxing	Boxing	Kickboxing		

MARTIAL ARTS PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM						Kids BJJ
11:00 AM						Adult BJJ
4:45 PM	Kids Muay Thai	Kids Muay Thai	Kids Muay Thai	Kids Muay Thai		
5:30 PM	Kids NoGi BJJ	Kids BJJ	Kids NoGi BJJ	Kids BJJ		
6:30 PM	Adult NoGi BJJ	Adult BJJ	Adult NoGi BJJ	Adult BJJ		
7:30 PM	Adult Muay Thai	Adult Muay Thai	Adult Muay Thai	Adult Muay Thai		

* 5:00pm Friday Kids BJJ Competition Class at Watauga location*