

Monday

Time	Class	Location
12pm	Muay Thai Mixed Level	Zone 3
12pm	Intro to Striking (Adults)	Zone 3
430pm	Muay Thai Mixed Level	Zone 3
500pm	Kids Karate (ages 4-12)	Zone 4
530pm	Muay Thai Mixed Level	Zone 3
530pm	Teen Muay Thai***	Zone 2
600pm	Kids BJJ (ages 6-13)	Zone 4
630pm	Boxing	Zone 2
630pm	Muay Thai Mixed Level	Zone 3
630pm	Kali Study Group	Any
730pm	Intro to Striking (Adults)	Any
730pm	Boxing	Zone 2
730pm	Muay Thai Beginners Level	Zone 3
730pm	Brazilian Jiu Jitsu	Zone 4

Tuesday

Time	Class	Location
630am	Muay Thai Conditioning	Zone 3
515pm	Youth Boxing (ages 8-16)	Zone 2
530pm	Intro to Striking (Adults)	Any
530pm	Krav Maga	Zone 3
530pm	Strength and Konditioning*	Zone 1
615pm	Boxing	Zone 2
630pm	Muay Thai Beginner Level	Zone 3
630pm	Kali Study Group	Any
7pm	Muay Thai Fighters**	Zone 2
730pm	Beginner BJJ	Zone 4
800pm	Strength and Konditioning*	Zone 1

* Weight Room closed during this class

**Green Shorts or discussion with Head Coach

*** Minimum age is 11 years old

Wednesday

Time	Class	Location
12pm	Muay Thai Mixed Level	Zone 3
12pm	Intro to Striking (Adults)	Zone 3
500pm	Kids Karate (ages 4-12)	Zone 4
530pm	Muay Thai Mixed Level	Zone 3
530pm	Teen Muay Thai***	Zone 2
600pm	Kids BJJ (ages 6-13)	Zone 4
630pm	Boxing (Intermediate / Adv)**	Zone 2
630pm	Muay Thai Beginner Level	Zone 3
7pm	Intro to Striking (Adults)	Any
730pm	Brazilian Jiu Jitsu	Zone 4
730pm	Muay Thai Intermediate Level**	Zone 3

Thursday

630am	Muay Thai Conditioning	Zone 3
530pm	Intro to Striking (Adults)	Any
530pm	Strength and Konditioning*	Zone 1
530pm	Muay Thai Mixed Level	Zone 3
600pm	Boxing	Zone 2
630pm	Muay Thai Beginner Level	Zone 3
7pm	Muay Thai Fighters**	Zone 2
730pm	No Gi BJJ	Zone 4
800pm	Strength and Konditioning*	Zone 1

* Weight Room closed during this class

**Green Shorts or discussion with Head Coach

*** Minimum age is 11 years old

All classes are for adults, unless otherwise indicated

Friday

Time	Class	Location
12pm	Muay Thai Mixed Level	Zone 3
12pm	Intro to Striking (Adults)	Zone 3
530pm	Strength and Konditioning*	Zone 1
530pm	Muay Thai Beginner Level	Zone 3
6pm	Intro to Striking	Any
630pm	Muay Thai Mixed Level	Zone 3

Saturday

Time	Class	Location
8am	Wing Chun	Zone 3
9am	Kali	Zone 3
9am	Kids Karate (ages 4-12)	Zone 4
10am	Youth Boxing (ages 8-16)	Zone 2
10am	Jeet Kune Do	Zone 3
11am	Muay Thai Beginner Level	Zone 3
11am	Muay Thai Intermediate Level**	Zone 3
11am	Muay Thai Fighters**	Zone 2
12pm	Intro to Striking (Adults)	Zone 2 or 3
1215pm	Brazilian Jiu Jitsu	Zone 4

Sunday

Time	Class	Location
10am	Savate Kickboxing	Zone 3
10am	Kali Study Group	Any
11am	Muay Thai Mixed Level	Zone 3
11am	Boxing (Intermediate / Adv.)	Zone 2
11am	Brazilian Jiu Jitsu Open Mat	Zone 4
12pm	Intro to Striking (Adults)	Zone 3

* Weight Room closed during this class

**Green Shorts or discussion with Head Coach

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