

... Octagon MMA And Krav Maga Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM - 11:00 AM Krav Maga self-defense	6:00 AM - 7:00 AM women's cardio kickboxing	10:00 AM - 11:00 AM Krav Maga self-defense	6:00 AM - 7:00 AM women's cardio kickboxing	5:00 PM - 5:35 PM Muay Thai kickboxing for kids (6- 12)	8:30 AM - 10:00 AM brazilian jiu- jitsu	12:00 PM - 1:30 PM Brazilian Jiu- Jitsu
5:00 PM - 5:35 PM Muay Thai kickboxing for kids (6- 12)	5:30 PM - 6:30 PM Women's Cardio Kickboxing	5:00 PM - 5:35 PM Muay Thai kickboxing for kids (6- 12)	5:30 PM - 6:30 PM Boxing	5:40 PM - 6:30 PM Women's Cardio Kickboxing	9:00 AM - 10:00 AM Krav Maga self-defense	
5:40 PM - 6:30 PM Women's Cardio Kickboxing	5:30 PM - 6:30 PM Krav Maga self-defense	5:40 PM - 6:30 PM Women's Cardio Kickboxing	6:00 PM - 7:30 PM Brazilian Jiu- Jitsu	5:45 PM - 6:25 PM Kid's BJJ (6- 12)	9:00 AM - 12:00 PM Open Mat (members only)	
5:45 PM - 6:25 PM Kid's BJJ (6- 12)	6:30 PM - 8:00 PM Brazilian Jiu- Jitsu	5:40 PM - 6:25 PM Kid's BJJ (6- 12)	6:40 PM - 7:30 PM Krav Maga self-defense	6:40 PM - 7:30 PM Muay Thai Kickboxing	10:00 AM - 11:00 AM Krav Maga Sparring	
6:40 PM - 7:30 PM Krav Maga self-defense	6:40 PM - 7:30 PM Boxing	6:30 PM - 7:30 PM Brazilian Jiu- Jitsu	7:30 PM - 8:30 PM Krav Maga Sparring session	7:30 PM - 8:40 PM Judo & Sport Sambo		
6:40 PM - 7:40 PM Muay Thai Kickboxing		6:40 PM - 7:30 PM Muay Thai Kickboxing				
7:30 PM - 8:45 PM Sambo/Submission Grappling		7:30 PM - 8:45 PM Combat Jujitsu & Sambo				
7:35 PM - 8:30 PM Krav Maga Sparring						