



Monday

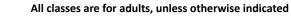
| Time | Class | Location |
|--------|---------------------------------|----------|
| 1200pm | Muay Thai Mixed Level | Zone 3 |
| 1200pm | Intro to Striking | Zone 3 |
| 430pm | Muay Thai Mixed Level | Zone 3 |
| 500pm | Kids Karate (ages 4-12) | Zone 4 |
| 530pm | Muay Thai Mixed Level | Zone 3 |
| 530pm | Teen Muay Thai (ages 11+) | Zone 2 |
| 600pm | Kids BJJ (ages 6-13) | Zone 4 |
| 630pm | Boxing Mixed Level | Zone 2 |
| 630pm | Muay Thai Mixed Level | Zone 3 |
| 730pm | Intro to Striking | Any |
| 730pm | Boxing Mixed Level | Zone 2 |
| 730pm | Boxing Technical Sparring** | Zone 2 |
| 730pm | Muay Thai Fundamentals | Zone 3 |
| 730pm | Brazilian Jiu Jitsu Mixed Level | Zone 4 |

Tuesday

| Time | Class | Location |
|-------|----------------------------------|----------|
| 630am | Muay Thai Konditioning | Zone 3 |
| 530pm | Youth Boxing (ages 11+) | Zone 2 |
| 530pm | Intro to Striking | Any |
| 530pm | Krav Maga | Zone 3 |
| 530pm | Strength and Konditioning* | Zone 1 |
| 600pm | No Gi BJJ | Zone 4 |
| 630pm | Boxing Mixed Level | Zone 2 |
| 630pm | Muay Thai Beginner Level | Zone 3 |
| 700pm | Muay Thai Fighters** | Zone 2 |
| 730pm | Brazilian Jiu Jitsu Fundamentals | Zone 4 |
| 800pm | Strength and Konditioning* | Zone 1 |

* Weight Room closed during this class **Testing required to access this class

Last Updated Nov 26, 2023





Wednesday

| Time | Class | Location |
|--------|---------------------------------|----------|
| 1200pm | Muay Thai Mixed Level | Zone 3 |
| 1200pm | Intro to Striking | Zone 3 |
| 500pm | Kids Karate (ages 4-12) | Zone 4 |
| 530pm | Muay Thai Mixed Level | Zone 3 |
| 530pm | Teen Muay Thai (ages 11+) | Zone 2 |
| 600pm | Kids BJJ (ages 6-13) | Zone 4 |
| 630pm | Boxing Sparring** | Zone 2 |
| 630pm | Muay Thai Beginner Level | Zone 3 |
| 700pm | Intro to Striking | Any |
| 730pm | Brazilian Jiu Jitsu Mixed Level | Zone 4 |
| 730pm | Muay Thai Intermediate Level** | Zone 3 |

Thursday

| Time | Class | Location |
|-------|----------------------------|----------|
| 630am | Muay Thai Konditioning | Zone 3 |
| 530pm | Intro to Striking | Any |
| 530pm | Strength and Konditioning* | Zone 1 |
| 530pm | Muay Thai Mixed Level | Zone 3 |
| 600pm | Boxing Mixed Level | Zone 2 |
| 630pm | Muay Thai Beginner Level | Zone 3 |
| 700pm | Muay Thai Fighters** | Zone 2 |
| 730pm | Boxing Fundamentals | Zone 2 |
| 730pm | No Gi BJJ | Zone 4 |
| 800pm | Strength and Konditioning* | Zone 1 |

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Friday

| Time | Class | Location |
|--------|----------------------------|----------|
| 1200pm | Muay Thai Mixed Level | Zone 3 |
| 1200pm | Intro to Striking | Zone 3 |
| 400pm | Boxing Konditioning | Zone 2 |
| 530pm | Strength and Konditioning* | Zone 1 |
| 530pm | Muay Thai Fundamentals | Zone 3 |
| 600pm | Intro to Striking | Any |
| 630pm | Muay Thai Mixed Level | Zone 3 |

Saturday

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|----------|----------------------------------|-------------|
| Time | Class | Location |
| 900am | Kali | Zone 3 |
| 900am | Boxing Fundamentals | Zone 2 |
| 900am | Kids Karate (ages 4-12) | Zone 4 |
| 1000am | Youth Boxing (ages 11+) | Zone 2 |
| 1000am | Jeet Kune Do | Zone 3 |
| 1100am | Brazilian Jiu Jitsu Fundamentals | Zone 4 |
| 1100am | Muay Thai Beginner Level | Zone 3 |
| 1100am | Muay Thai Intermediate Level** | Zone 3 |
| 1100am | Muay Thai Fighters** | Zone 2 |
| 1200pm | Muay Thai Fundamentals | Zone 2 |
| 1200pm | Intro to Striking | Zone 2 or 3 |
| 1215pm | Brazilian Jiu Jitsu Mixed Level | Zone 4 |

Sunday

| Sanaay | | |
|--------|-------------------------------|-------------|
| Time | Class | Location |
| 1000am | Savate Kickboxing | Zone 3 |
| 1000am | Kali Study Group | Zone 3 or 4 |
| 1000am | Intro to Competition Boxing | Zone 2 |
| 1100am | Krav Maga | Zone 3 or 4 |
| 1100am | Boxing Competition Sparring** | Zone 2 |
| 1100am | Brazilian Jiu Jitsu Open Mat | Zone 4 |
| 1200pm | Intro to Striking | Zone 3 |

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