

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

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

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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