



## Fitness Kickboxing and Boxing Haslet

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

## Martial Arts Haslet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30AM						Kids Self Defense/ Judo*
11:30AM						Adults Combatives/ Judo*
4:45PM	Kids Muay Thai	Kids Muay Thai	Kids Muay Thai	Kids Muay Thai		
5:30PM	Kids NOGI BJJ	Kids GI BJJ	Kids NOGI BJJ	Kids GI BJJ		
6:30PM	Adult NOGI BJJ	Adult GI BJJ	Adult NOGI BJJ	Adults GI BJJ		
7:30PM	Adult Muay Thai	Adult Muay Thai	Adult Muay Thai	Adult Muay Thai		

\*Weekends alternate between combative/self defense classes and Judo classes

## Homeschool Wrestling

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00PM	Kids/Teens Wrestling		Kids/Teens Wrestling			

### Hours

Monday-Thursday	4:30PM-8:30PM
Saturday	9:30AM-12:30PM

### Information

1215 N Saginaw Blvd Suite 103  
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