

ADULT CLASS SCHEDULE

HOURS: MON & WED 10:30am-1:30pm & 4-8:40pm / TUES & THURS 10-2pm & 5-8:10pm / FRI 12-1pm & 5-7:30pm / SAT: 9-12:30pm GROUP CLASSES

GROUP CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*MMA					*USTIL UIL	
STRIKING					COMPETITION TEAM	
9:00-10:30 - Carl					9-10:30am - Jeremy	
MUAY THAI	USTIL UIL	MUAY THAI	UZTIL UIL	*MMA	MUAY THAI	
INTERMEDIATE	W/GI	INTERMEDIATE	W/GI		ALL LEVEL	
PADWORK	ALL LEVEL	CARDIO/DRILL	ALL LEVEL	SPARRING	PADWORK	
10:30-11:30pm - Hiro	10:00-11:00am - Jeremy	10:30-11:30pm - Hiro	10:00-11:00am - Jeremy	10:00-11:00- Nick	10:30-11:30am - Carl	
MUAY THAI	*MMA	MUAY THAI		BOXING	*MUAY THAI TEAM	
TEAM TRAINING	WRESTLING	TEAM TRAINING		BAG & PADS	TRAINING	
10:30-12:00pm - Carl	11:00-12:30pm - Nick	10:30-12:00pm - Carl		11:00-12:00pm - Jorge	11:30-1:00pm - Alexa	
MUAY THAI	MUAY THAI		MUAY THAI	MUAY THAI	*MMA	
HEAVY BAG	INTERMEDIATE		INTERMEDIATE	HEAVY BAG		
12:00-12:45pm - Hiro	12:00-1:00pm - Carl		12:00-1:00pm - Carl	12:00-12:45pm - Hiro	11:30-1:00pm - Nick	
	MUAY THAI		MUAY THAI BEGINNER			
	BEGINNER DRILLING		PADWORK			
	12:00-1:00pm - Jorge		12:00-1:00pm - Hiro			
	12100 2100piii 30180		12.00 1.00p 1			
					1	CLOSED
*MUAY THAI	MUAY THAI		MUAY THAI	MUAY THAI		
INTERMEDIATE	BEGINNER PADWORK		BEGINNER	C-CLASS SPARRING		
WOMEN'S CLASS			DRILL/SPARRING			
5:00-6:00pm - Alexa	5:00-6:00pm - Alexa	A SULA VITUAL	5:00-6:00pm - Hiro	5:00-6:00pm - Hiro		
MUAY THAI INTERMEDIATE	*MUAY THAI	MUAY THAI INTERMEDIATE	*MMA	*MUAY THAI TEAM TRAINING		
DRILLING	INTERMEDIATE LIGHT SPARRING	PADWORK	WALL WORK	HARD SPAR		
6:00-7:00pm - Carl	6:00-7:00pm - Carl	6:00-7:00pm - Carl	5:00-6:00pm - Nick	6:00-7:30pm - Carl		
MUAY THAI	0.00-7.00piii - Caii	MUAY THAI	MUAY THAI	0.00-7.30pm - Can		
BEGINNER		BEGINNER	INTERMEDIATE			
PADWORK		DRILLING	PADWORK			
6:00-7:00pm - Alexa		6:00-7:00pm - Alexa	6:00-7:00pm - Hiro			
JIU JITSU W/GI	UZTIL UIL	JIU JITSU W/GI	JIU JITSU			
	NO-GI		NO-GI			
BEGINNER	ALL LEVEL	BEGINNER	ALL LEVEL			
7:10-8:10pm - Mike	7:10-8:10pm - Jeremy	7:10-8:10pm - Mike	7:10-8:10pm - Mike			
JIU JITSU W/GI		JIU JITSU				
INTERMEDIATE		COMPETITION TEAM				
7:10-8:40pm - Jeremy		7:10-8:40pm - Jeremy				

^{*} Class requires coaches approval