



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*MMA STRIKING 9:00-10:30 - Carl					*JIU JITSU COMPETITION TEAM 9-10:30am - Jeremy	CLOSED
MUAY THAI INTERMEDIATE PADWORK 10:30-11:30pm - Hiro	JIU JITSU W/GI ALL LEVEL 10:00-11:00am - Jeremy	MUAY THAI INTERMEDIATE CARDIO/DRILL 10:30-11:30pm - Hiro	JIU JITSU W/GI ALL LEVEL 10:00-11:00am - Jeremy	*MMA SPARRING 10:00-11:00- Nick	MUAY THAI ALL LEVEL PADWORK 10:30-11:30am - Carl	
MUAY THAI TEAM TRAINING 10:30-12:00pm - Carl	*MMA WRESTLING 11:00-12:30pm - Nick	MUAY THAI TEAM TRAINING 10:30-12:00pm - Carl		BOXING BAG & PADS 11:00-12:00pm - Jorge	*MUAY THAI TEAM TRAINING 11:30-1:00pm - Alexa	
MUAY THAI HEAVY BAG 12:00-12:45pm - Hiro	MUAY THAI INTERMEDIATE 12:00-1:00pm - Carl		MUAY THAI INTERMEDIATE 12:00-1:00pm - Carl	MUAY THAI HEAVY BAG 12:00-12:45pm - Hiro	*MMA 11:30-1:00pm - Nick	
	MUAY THAI BEGINNER DRILLING 12:00-1:00pm - Jorge		MUAY THAI BEGINNER PADWORK 12:00-1:00pm - Hiro			
*MUAY THAI INTERMEDIATE WOMEN'S CLASS 5:00-6:00pm - Alexa	MUAY THAI BEGINNER PADWORK 5:00-6:00pm - Alexa		MUAY THAI BEGINNER DRILL/SPARRING 5:00-6:00pm - Hiro	MUAY THAI C-CLASS SPARRING 5:00-6:00pm - Hiro		
MUAY THAI INTERMEDIATE DRILLING 6:00-7:00pm - Carl	*MUAY THAI INTERMEDIATE LIGHT SPARRING 6:00-7:00pm - Carl	MUAY THAI INTERMEDIATE PADWORK 6:00-7:00pm - Carl	*MMA WALL WORK 5:00-6:00pm - Nick	*MUAY THAI TEAM TRAINING HARD SPAR 6:00-7:30pm - Carl		
MUAY THAI BEGINNER PADWORK 6:00-7:00pm - Alexa		MUAY THAI BEGINNER DRILLING 6:00-7:00pm - Alexa	MUAY THAI INTERMEDIATE PADWORK 6:00-7:00pm - Hiro			
JIU JITSU W/GI BEGINNER 7:10-8:10pm - Mike	JIU JITSU NO-GI ALL LEVEL 7:10-8:10pm - Jeremy	JIU JITSU W/GI BEGINNER 7:10-8:10pm - Mike	JIU JITSU NO-GI ALL LEVEL 7:10-8:10pm - Mike			
JIU JITSU W/GI INTERMEDIATE 7:10-8:40pm - Jeremy		JIU JITSU COMPETITION TEAM 7:10-8:40pm - Jeremy				

* Class requires coaches approval