

Updated 8/2024

ADULT CLASS SCHEDULE

			GROUP CLASSES			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					JIU JITSU	
					COMPETITION TEAM	
MUAY THAI	JIU JITSU	MUAY THAI	JIU JITSU	1	9-10:30am - Jeremy MUAY THAI	
INTERMEDIATE	W/GI	INTERMEDIATE	W/GI		ALL LEVEL	
PADWORK	ALL LEVEL	CARDIO/DRILL	ALL LEVEL		PADWORK	
10:30-11:30am - Hiro	10:00-11:00am - Jeremy	10:30-11:30am - Hiro	10:00-11:00am - Jeremy		10:30-11:30am - Hiro	
MUAY THAI TEAM TRAINING	ММА	MUAY THAI TEAM TRAINING			ММА	
10:30-12:00pm - Carl	11:00-12:30pm - Nick	10:30-12:00pm - Carl			10:30-12:00pm - Nick	
MUAY THAI	MUAY THAI		MUAY THAI	MUAY THAI	MUAY THAI TEAM	
HEAVY BAG	INTERMEDIATE		INTERMEDIATE	HEAVY BAG	TRAINING	
12:00-12:45pm - Hiro	12:00-1:00pm - Carl		12:00-1:00pm - Carl	12:00-12:45pm - Hiro	11:30-1:00pm - Alexa	
	MUAY THAI		MUAY THAI			
	BEGINNER- DRILLING 12:00-1:00pm - Hiro		BEGINNER - PADWORK 12:00-1:00pm - Hiro			
	MUAY THAI		MUAY THAI	MUAY THAI		CLOSED
	MUAY THAI BEGINNER - PADWORK		MUAY THAI BEGINNER - DRILLING	MUAY THAI BEGINNER - SPARRING		CLOSED
						CLOSED
MUAY THAI	BEGINNER - PADWORK	MUAY THAI	BEGINNER - DRILLING	BEGINNER - SPARRING		CLOSED
INTERMEDIATE	BEGINNER - PADWORK 5:00-6:00pm - Alexa MUAY THAI INTERMEDIATE	INTERMEDIATE	BEGINNER - DRILLING 5:00-6:00pm - Hiro MUAY THAI INTERMEDIATE	BEGINNER - SPARRING 5:00-6:00pm - Rotational MUAY THAI TEAM TRAINING		CLOSED
INTERMEDIATE DRILLING	BEGINNER - PADWORK 5:00-6:00pm - Alexa MUAY THAI INTERMEDIATE LIGHT SPARRING	INTERMEDIATE PADWORK	BEGINNER - DRILLING 5:00-6:00pm - Hiro MUAY THAI INTERMEDIATE PADWORK	BEGINNER - SPARRING 5:00-6:00pm - Rotational MUAY THAI TEAM TRAINING HARD SPAR		CLOSED
INTERMEDIATE DRILLING 6:00-7:00pm - Carl	BEGINNER - PADWORK 5:00-6:00pm - Alexa MUAY THAI INTERMEDIATE	INTERMEDIATE PADWORK 6:00-7:00pm - Carl	BEGINNER - DRILLING 5:00-6:00pm - Hiro MUAY THAI INTERMEDIATE	BEGINNER - SPARRING 5:00-6:00pm - Rotational MUAY THAI TEAM TRAINING		CLOSED
INTERMEDIATE DRILLING 6:00-7:00pm - Carl MUAY THAI	BEGINNER - PADWORK 5:00-6:00pm - Alexa MUAY THAI INTERMEDIATE LIGHT SPARRING	INTERMEDIATE PADWORK 6:00-7:00pm - Carl MUAY THAI	BEGINNER - DRILLING 5:00-6:00pm - Hiro MUAY THAI INTERMEDIATE PADWORK	BEGINNER - SPARRING 5:00-6:00pm - Rotational MUAY THAI TEAM TRAINING HARD SPAR		CLOSED
INTERMEDIATE DRILLING 6:00-7:00pm - Carl	BEGINNER - PADWORK 5:00-6:00pm - Alexa MUAY THAI INTERMEDIATE LIGHT SPARRING	INTERMEDIATE PADWORK 6:00-7:00pm - Carl	BEGINNER - DRILLING 5:00-6:00pm - Hiro MUAY THAI INTERMEDIATE PADWORK	BEGINNER - SPARRING 5:00-6:00pm - Rotational MUAY THAI TEAM TRAINING HARD SPAR		CLOSED
INTERMEDIATE DRILLING 6:00-7:00pm - Carl MUAY THAI BEGINNER - PADWORK	BEGINNER - PADWORK 5:00-6:00pm - Alexa MUAY THAI INTERMEDIATE LIGHT SPARRING	INTERMEDIATE PADWORK 6:00-7:00pm - Carl MUAY THAI BEGINNER - DRILLING	BEGINNER - DRILLING 5:00-6:00pm - Hiro MUAY THAI INTERMEDIATE PADWORK	BEGINNER - SPARRING 5:00-6:00pm - Rotational MUAY THAI TEAM TRAINING HARD SPAR		CLOSED
INTERMEDIATE DRILLING 6:00-7:00pm - Carl MUAY THAI BEGINNER - PADWORK 6:00-7:00pm - Hiro JIU JITSU W/GI	BEGINNER - PADWORK 5:00-6:00pm - Alexa MUAY THAI INTERMEDIATE LIGHT SPARRING 6:00-7:00pm - Carl JIU JITSU NO-GI	INTERMEDIATE PADWORK 6:00-7:00pm - Carl MUAY THAI BEGINNER - DRILLING 6:00-7:00pm - Alexa JIU JITSU W/GI	BEGINNER - DRILLING 5:00-6:00pm - Hiro MUAY THAI INTERMEDIATE PADWORK 6:00-7:00pm - Hiro JIU JITSU NO-GI	BEGINNER - SPARRING 5:00-6:00pm - Rotational MUAY THAI TEAM TRAINING HARD SPAR		CLOSED
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INTERMEDIATE DRILLING 6:00-7:00pm - Carl MUAY THAI BEGINNER - PADWORK 6:00-7:00pm - Hiro JIU JITSU W/GI BEGINNER 7:10-8:10pm - Mike	BEGINNER - PADWORK 5:00-6:00pm - Alexa MUAY THAI INTERMEDIATE LIGHT SPARRING 6:00-7:00pm - Carl JIU JITSU NO-GI ALL LEVEL 7:10-8:10pm - Jeremy	INTERMEDIATE PADWORK 6:00-7:00pm - Carl MUAY THAI BEGINNER - DRILLING 6:00-7:00pm - Alexa JIU JITSU W/GI BEGINNER 7:10-8:10pm - Mike	BEGINNER - DRILLING 5:00-6:00pm - Hiro MUAY THAI INTERMEDIATE PADWORK 6:00-7:00pm - Hiro JIU JITSU NO-GI	BEGINNER - SPARRING 5:00-6:00pm - Rotational MUAY THAI TEAM TRAINING HARD SPAR		CLOSED
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