



Updated 8/2024

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 |
| | | | | | JIU JITSU COMPETITION TEAM 9-10:30am - Jeremy | CLOSED |
| MUAY THAI INTERMEDIATE PADWORK 10:30-11:30am - Hiro | JIU JITSU W/GI ALL LEVEL 10:00-11:00am - Jeremy | MUAY THAI INTERMEDIATE CARDIO/DRILL 10:30-11:30am - Hiro | JIU JITSU W/GI ALL LEVEL 10:00-11:00am - Jeremy | | MUAY THAI ALL LEVEL PADWORK 10:30-11:30am - Hiro | |
| MUAY THAI TEAM TRAINING 10:30-12:00pm - Carl | MMA 11:00-12:30pm - Nick | MUAY THAI TEAM TRAINING 10:30-12:00pm - Carl | | | MMA 10:30-12:00pm - Nick | |
| 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 | MUAY THAI TEAM TRAINING 11:30-1:00pm - Alexa | |
| | MUAY THAI BEGINNER - DRILLING 12:00-1:00pm - Hiro | | MUAY THAI BEGINNER - PADWORK 12:00-1:00pm - Hiro | | | |
| | MUAY THAI BEGINNER - PADWORK 5:00-6:00pm - Alexa | | MUAY THAI BEGINNER - DRILLING 5:00-6:00pm - Hiro | MUAY THAI BEGINNER - SPARRING 5:00-6:00pm - Rotational | | |
| 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 | MUAY THAI INTERMEDIATE PADWORK 6:00-7:00pm - Hiro | MUAY THAI TEAM TRAINING HARD SPAR 6:00-7:30pm - Carl | | |
| MUAY THAI BEGINNER - PADWORK 6:00-7:00pm - Hiro | | MUAY THAI BEGINNER - DRILLING 6:00-7:00pm - Alexa | | | | |
| 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 | MUAY THAI INTERMEDIATE CLINCH 7:10-8:10pm - Carl | JIU JITSU COMPETITION TEAM 7:10-8:40pm - Jeremy | | | | |