

Class Schedule	Monday			Tuesday		
Times	Mat	Bags	Ring	Mat	Bags	Ring
9:00-10:00am				Adult MMA		
4:30-5:00pm	4-6 yr old					
5:10-5:50pm	7-10 yr old	Cardio KB		7-10 yr old	Cardio KB	
6:00-6:50pm	11-14 yr old	Cardio KB		11-14 yr old	Cardio KB	
7:00-8:00pm	Adult Sub			Adult Muay		
8:00-8:30Pm	Open Mat			Open Mat		
Class Schedule	Wednesday			Thursday		
Times	Mat	Bags	Ring	Mats	Bags	Ring
9:00-10:00am				Adult MMA		
4:30-5:00pm	4-6 yr old					
5:10-5:50pm	7-10 yr old	Cardio KB	Yth Mt.	7-10 yr old	Cardio KB	Youth Spr.
6:00-6:50pm	11-14 yr old	Cardio KB	Adult Mt.	11-14 yr old	Cardio KB	Adult Spr.
7:00-8:00pm	Adult Sub			Adult Muay		
8:00-8:30Pm	Open Mat			Open Mat		
Class Schedule	Friday					
Times	Mat	Bags	Ring			
6:00-7:00pm	Gi	Cardio KB				
7:10-8:00pm	Open	Open				
Class Schedule	Saturday					
Times	Mat	Bags	Ring			
9:30-11:00 am	Youth Wrst.					
11:00am- Noon	Adult Wrst.					