

SUNDAY BOTH ROOMS	MONDAY MAT ROOM	MONDAY <i>BOXING</i> ROOM	WEDNESDAY MAT ROOM	WEDNESDAY <i>BOXING</i> ROOM	THURSDAY <i>BOXING</i> ROOM
10am-noon Muay Thai, bag work, conditioning. all levels		muay thai and conditioning monday- Friday 10-12		muay thai and conditioning monday- Friday 10-12	muay thai and conditioning monday- Friday 10-12
10am-11 kids judo 10am-noon Teen/adult judo					
	5-5:30 dragons	5-5:30 30 minute conditioning	5-5:30 dragons	5-5:30 30 minute conditioning	5:00-6:00 fitness first basics
	5:30-6:15 judo	5:30-6:15 white belts	5:30-6:15 judo	5:30-6:15 advanced	6-8:30 Muay Thai all levels
	6:15-7pm advanced	6:30-8:30 Muay Thai	6:15-7pm white belts	6:30-8:30 Muay Thai	
	7:15-8:30 Judo adult/teens		7:15-8:30 Judo adults/teens		

Days: Sunday, Monday, Wednesday, Thursday

Rooms: Allotted two rooms except for Thursday when boxing is the only space available.

Morning hours: Monday-Friday 10-12 Boxing/bag room

*all classes subject to change