

DUMLAO'S ACADEMY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
LIL WARRIORS 3:15-3:45pm	LIL WARRIORS 3:15-3:45pm	LIL WARRIORS 3:15-3:45pm	LIL WARRIORS 3:15-3:45pm		CARDIO FITNESS 8:30-9:15am
STRIKERS 3:45-4:30pm	KIDS JIU-JITSU 3:45-4:30pm	STRIKERS 3:45-4:30pm	KIDS JIU-JITSU 3:45-4:30pm	SPARRING 1 & 2 4-5:30pm	SPARRING 1 & 2 9:30-11am
ALPHA/OMEGA 4:30-5:15pm	ALPHA/OMEGA 4:30-5:15pm	ALPHA/OMEGA 4:30-5:15pm	ALPHA/OMEGA 4:30-5:15pm		
FCC MUAY-THAI/BOXING 5:15-6:30pm	TEEN/ADULT JIU-JITSU 5:30-6:30pm	FCC MUAY-THAI/BOXING 5:15-6:30pm	TEEN/ADULT JIU-JITSU 5:30-6:30pm		
CARDIO FITNESS 6:30-7:15pm		CARDIO FITNESS 6:30-7:15pm			



- *All classes are in-person, unless otherwise noted with Instructor/Coach.
- *All classes follow our Safety & Cleaning Protocol Procedures.
- *Participants must be symptom free of any illness or excessive allergies.