

April 5th, 2021: updated schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Women's kickboxing 9:30AM		Women's kickboxing 9:30AM			
Women's kickboxing 11:00AM					Muay Thai 12:00PM	Women's Kickboxing 11AM
MMA 12:00pm		Kids Fitness 3:30pm		Kids Fitness 3:30pm		BJJ for MMA 12:00PM
	Junior Warriors 4:15pm	Teen MMA 4:15pm	Teen MMA 4:15pm	Teen MMA 4:15pm	Teen MMA 4:15pm	
	Junior Warriors Advanced 5:00pm	Junior Warriors All levels 5:00pm	Junior Warriors 5:00pm	Advanced Jr. Warriors 5:00pm	Advanced Jr. Warriors levels 5:00pm	
	LEGION 6:00pm	Advanced Striking for Women 6:00pm	Kickboxing All levels 6:00pm	Advanced Striking for Women 6:00pm	Junior Warriors 6:00pm	
	Women's kickboxing 7:00pm	Women's Kickboxing 7:00pm	Women's Kickboxing 7:00pm	Women's Kickboxing 7:00pm	Women's Kickboxing 7:00pm	
	MMA 8:00pm	Muay Thai 8:00pm	MMA 8:00pm	Coach Lucas 8:00pm	MMA Coach Miguel 8:00pm	
	Fighter Only Training 9:00pm					

Kids Fitness – Ages 4-7

Jr. Warriors – Ages 8-12

Teen MMA – Ages 13+

Women/Adult – Ages 18+