

January 4, 2021: updated schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Women's kickboxing 11:00am						Women's Kickboxing 11am
Open Mat 12:00pm	Women's Kickboxing 3:00pm	Kids Fitness 3:30pm	Women's kickboxing 3:00pm	Kids Fitness 3:30pm		Boxing 12:30pm
	Junior Warriors All levels 4:15pm	Teen MMA 4:15pm	Kids Fitness 4:00pm	Teen MMA 4:15pm	Teen MMA 4:15pm	Teen MMA 2:00PM
	Kids Competition training 5:00pm	Junior Warriors All levels 5:00pm	Junior Warriors 5:00pm	Advanced Jr. Warriors 5:00pm	Advanced Jr. Warriors levels 5:00pm	
	Adult Kickboxing 6:00pm	Advanced Striking For Women 6:00pm	Adult Kickboxing 6:00pm	Beginner MMA 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	Boxing 8:00pm	MMA 8:00pm	Boxing 8:00pm	Conditioning Invite Only 8:00pm	
	Fighter Only Training 9:00pm	Conditioning Invite Only 9:00pm				

Kids Fitness – Ages 4-7

Jr. Warriors – Ages 8-12

Teen MMA – Ages 13+

Women/Adult – Ages 18+