


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|---|--|
| 10:30 - 11:15 am Little Ninjas Girls & Boys (4-6) | 7:30 - 8:15 am Boot Camp Men | | | 7:30 - 8:15 am Boot Camp Men | | |
| 11:30 - 12:30 pm GIRLS with Female Assistant 7-11, All Levels | 10:00 - 11:00 am MMA /KRAV MAGA (BBC: 11-11:30am) Adults—Coed | | | 10:00 - 11:00 am MMA /KRAV MAGA (BBC: 11-11:30am) Adults—Coed |  <p><i>“Train Hard, Stay Safe, Live in Peace” M.H.</i></p> | |
| 12:45 - 1:45 pm GIRLS with Female Assistant 12-16, All Levels | | 4:45 - 5:15 pm Little Ninjas | | 4:45 - 5:15 pm Little Ninjas | | |
| 2 - 2:45 pm Little Ninjas Girls & Boys (4-6) | 5:45 - 6:45 pm Kids MMA/ Self Defense | 5:30 - 6:00 pm BEGINNER'S INTRO PROGRAM | 5:45 - 6:45 pm Kids MMA/ Self Defense | 5:30 - 6:00 pm BEGINNER'S INTRO PROGRAM | | |
| 3:00 - 4:00 pm Boys (7-11 y/o) White Belts | 7:00 - 8:00 pm MMA /KRAV MAGA Teens /Adults Coed | 6:30 - 7:30 pm Kids MMA/ Self Defense Boys | 7:00 - 8:00 pm MMA/KRAV MAGA Teens /Adults | 6:30 - 7:30 pm Kids MMA/ Self Defense Boys | | |
| 4:15 - 5:15 pm Boys (7-11 y/o) YL/OR Belts | 8:00 - 8:30 pm BBC SPARRING Coed | 8:00 - 9:00 pm MMA/KRAV MAGA Teens/Men | 8:00 - 8:30 pm Self Defense/ BBC Curriculum Coed | 8:00 - 9:00 pm MMA/KRAV MAGA Teens/Men | | |
| 5:30 - 6:30 pm Boys (7-11 y/o) Gn/BI/Pr Belts | 8:40 - 9:40pm Boxing Fitness Men/Teen Boys | 9:00 - 9:30 pm BBC SPARRING Teens/Men | 8:40 - 9:40pm Boxing Fitness Men/Teen Boys | 9:00 - 9:30 pm Self Defense/ BBC Curriculum Men | Private Lessons By Appointment | T.B.A. Boxing Fitness Men/Teen Boys |
| 6:45 - 7:45 pm Teens Boys, 12-16, All Levels | 10:00 - 11:00pm Boxing Fitness Men/Teen Boys | 9:30 - 10:00pm BBC Curriculum Green Belts & UP | 10:00 - 11:00pm Boxing Fitness Men/Teen Boys | 9:30 - 10:00 pm BBC Curriculum Green Belts & UP | Classes & Times are subject to Change, based on Enrollment. | Updated 3/3/16 |
| 8:00-9:00/9:30 (BBC) MMA/Krav Maga Men | | | | | | |