

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00AM HQ/H2	BOXING/KICKBOXING 45 MINS		BOXING/KICKBOXING 45 MINS		BOXING/KICKBOXING 45 MINS	BOX/KICKBOXING 45 MINS	4-6 YEARS BJJ 30 MINS @ 9:30
10:00AM HQ/H2						7-12 YEARS BOX/ KICK 45 MINS	FUNDAMENTALS GI 60 MINS
11:15AM H2							GRAPPLING GI 75 MINS
12:00PM HQ		BOXING/KICKBOXING 45 MINS		BOXING/KICKBOXING 45 MINS			
3:45PM HQ		4-6 YEARS BOXING 30 MINS		4-6 YEARS BOXING 30 MINS			
4:15M HQ	7-12 YEARS FIGHTERS 45 MIN	7-12 YEARS BOX/KICK 45 MIN	7-12 YEARS FIGHTERS 45 MIN	7-12 YEARS BOX/KICK 45 MIN			
4:20PM H2	7-9 YEARS BJJ 40 MINS	4-6 YEARS BJJ 30 MINS	7-9 YEARS BJJ 40 MINS	4-6 YEARS BJJ 30 MINS	7-9 YEARS BJJ 40 MINS		
5:00PM H2	10-12 YEARS BJJ 45 MINS	13-17 YEARS BJJ 60 MINS	10-12 YEARS BJJ 45 MINS	13-17 YEARS BJJ 60 MINS	10-12 YEARS BJJ 45 MINS		
5:30PM HQ	BOXING/KICKBOXING 30 MINS	BOXING/KICKBOXING 30 MINS	BOXING/KICKBOXING 30 MINS	BOXING/KICKBOXING 30 MINS			
6:00PM HQ	KICK BOXING 30 MINS	BOXING 30 MINS	KICK BOXING 30 MINS	BOXING 30 MINS	BOXING/KICKBOXING 45 MINS		
6:00PM UPSTAIRS	BOXING TECH 30 MINS	MUAY THAI TECH 30 MINS	BOXING TECH 30 MINS	MUAY THAI TECH 30 MINS			
6:00PM H2	FUNDAMENTALS GI 60 MINS	INTERMEDIATE GI 75 MINS	FUNDAMENTALS GI 60 MINS	INTERMEDIATE GI 75 MINS	FUNDAMENTALS GI 60 MINS		
6:30PM HQ	BOXING 30 MINS	MUAY THAI 30 MINS	BOXING 30 MINS	MUAY THAI 30 MINS			
6:30PM UPSTAIRS	KICK BOXING TECH 30 MINS	BOXING TECH 30 MINS	KICK BOXING TECH 30 MINS	BOXING TECH 30 MINS			
7:00PM HQ	FIGHTERS PADS	FIGHTERS SPAR	FIGHTERS FITNESS	FIGHTERS SPAR			
7:00PM H2	ADVANCED GI 90 MINS	FUNDAMENTALS NO GI 60 MINS @ 7:15	INTERMEDIATE GI 75 MINS	FUNDAMENTALS NO GI 60 MINS @ 7:15			