

	MON	TUES	WED	THUR	FRIDAY	SAT	SUN
9:00 AM 10:30AM		MMA		MMA	Beginners Submission Wrestling		
12 PM 1:30 PM	Beginners Submission Wrestling	Womens Cardio Kick Boxing	Beginners Submission Wrestling		Womens Cardio Kick Boxin	Individual Sparring - Open Mat 12:00 PM 2:00 PM	
10:30AM 5:00 PM	Individual training	Individual training	Individual training 4pm – 5pm Kids Kickboxing	Individual training	Individual training 4pm – 5pm Kids Kickboxing	Womens Cardio Kickboxing 10:00 AM To 11:00 AM 11am – 12pm Kids Kickboxing	
5:00 PM 6:00 PM	Womens Cardio Kick Boxing	Womens Cardio Kick Boxing	Individual Training		Individual Training		
6:00 PM 7:30 PM	Beginners Submission Wrestling	Takedown Class	Submission Wrestling	Womens Cardio Kick Boxing	Takedown Class		
7:30 PM 9:00 PM	MMA	Boxing	MMA	Boxing			