



# Class Schedule

Effective 1/1/2019

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Kids MMA – <b>Mini Beasts</b> – Ages 4-6
Kids MMA – <b>Junior Beasts</b> – Ages 7-8
Kids MMA – <b>Beasts</b> – Ages 9-13
Adult Fitness – Ages 14 & up
Adult Martial Arts – Ages 14 & up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CLOSED</b>	<b>Adult</b> Kickboxing / Conditioning 6am-7am	<i>Private Sessions Available</i>	<b>Adult</b> Kickboxing / Conditioning 6am-7am	<i>Private Sessions Available</i>	<b>Adult</b> Kickboxing / Conditioning 6am-7am	<b>Adult</b> Cardio/Conditioning 8:45-9:45am
	<b>Adult</b> Kickboxing / Conditioning 9am-10am		<b>Adult</b> Kickboxing / Conditioning 9am-10am			<b>Adult</b> Kickboxing / Conditioning 9am-10am
	<b>Kids 4-6 Mini Beasts MMA</b> 5:00-5:45pm	<b>Kids 7-8 Junior Beasts MMA</b> 5:00-5:45pm	<b>Kids 4-6 Mini Beasts MMA</b> 5:00-5:45pm		<b>Kids 4-6 Mini Beasts MMA</b> 5:00-5:45pm	<b>Kids 7-8 Junior Beasts MMA</b> 10:45-11:30am
	<b>Kids 7-8 Junior Beasts MMA</b> 5:45-6:30pm	<b>Kids 9-13 Beasts MMA</b> 5:45-6:30pm	<b>Kids 9-13 Beasts MMA</b> 5:45-6:30pm	<b>Kids 9-13 Beasts MMA</b> 5:45-6:30pm	<b>Kids 7-8 Junior Beasts MMA</b> 5:45-6:30pm	<b>Kids 9-13 Beasts MMA</b> 11:30am-12:15pm
	<b>Adult</b> GI BJJ 6:30-7:45pm	<b>Adult</b> JKD/MMA 6:30-7:45pm	<b>Adult</b> Cardio/Conditioning 6:30-7:30pm	<b>Adult</b> JKD/MMA 6:30-7:45pm	<b>Adult</b> GI BJJ 6:30-7:45pm	
	<b>Adult</b> Combat Submission Wrestling 7:45-9:00pm	<b>Adult</b> Combat Submission Wrestling 7:45-9:00pm	<b>Adult</b> Gi BJJ 7:45-9:00pm	<b>Adult</b> Combat Submission Wrestling 7:45-9:00pm	<b>Adult</b> Combat Submission Wrestling 7:45-9:00pm	