

CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00 AM	BJJ (NO-GI)	MUAY THAI	BJJ (NO-GI)	MUAY THAI	BJJ (NO-GI)	
08:00 AM		LADIES MUAY THAI		LADIES MUAY THAI		
10:00 AM						LADIES MUAY THAI BOXING
11:00 AM						BJJ (OPEN MAT) MUAY THAI MMA
12:00 PM	MUAY THAI LADIES MUAY THAI	MUAY THAI BJJ (NO-GI)	MUAY THAI LADIES MUAY THAI	MUAY THAI BJJ (NO-GI)	MUAY THAI LADIES MUAY THAI	LADIES MUAY THAI MMA 10-15Y BJJ 10-15Y
04:00 PM	BJJ 6-10Y	BJJ 6-10Y	BJJ 6-10Y	BJJ 6-10Y	BJJ 6-10Y	
05:00 PM	MUAY THAI 10-15Y MMA 10-15Y	BJJ 10-15 Y	MUAY THAI 10-15Y MMA 10-15Y	BJJ 10-15Y	MUAY THAI 10-15Y MMA 10-15Y	
06:00 PM	LADIES MUAY THAI	MUAY THAI	LADIES MUAY THAI	MUAY THAI	LADIES MUAY THAI	
07:00 PM	MUAY THAI WRESTLING PERFORM FIT	MUAY THAI LADIES MUAY THAI MMA	MUAY THAI WRESTLING	MUAY THAI LADIES MUAY THAI MMA PERFORM FIT	MUAY THAI WRESTLING	
08:00 PM	BJJ (GI) LADIES MUAY THAI MMA	BJJ (NO-GI) MMA BOXING	BJJ (GI) LADIES MUAY THAI MMA	BJJ (NO-GI) MMA BOXING	BJJ (GI) LADIES MUAY THAI MMA	

*NO CLASSES ON SUNDAY