

RAMADAN SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---|--|---|--|---|
| 08:00 AM | Muay Thai | BJJ (NO GI) | Muay Thai | BJJ (NO GI) | Muay Thai |
| 12:00 PM | Muay Thai | Muay Thai Ladies Muay Thai | Muay Thai | Muay Thai Ladies Muay Thai | Muay Thai |
| 03:00 PM | BJJ (GI) 6-10Y | BJJ (NO-GI) 6-10Y | BJJ (GI) 6-10Y | BJJ (NO-GI) 6-10Y | BJJ (GI) 6-10Y |
| 04:00 PM | Muay Thai 10-15Y MMA 10-15Y | BJJ (GI) 10-15Y | Muay Thai 10-15Y MMA 10-15Y | BJJ (GI) 10-15Y | Muay Thai 10-15Y MMA 10-15Y |
| 05:00 PM | Muay Thai Wrestling Ladies Muay Thai BJJ (NO GI) | Muay Thai Ladies Muay Thai MMA BJJ (GI) | Muay Thai Wrestling Ladies Muay Thai BJJ (NO GI) | Muay Thai Ladies Muay Thai MMA BJJ (GI) | Muay Thai Wrestling Ladies Muay Thai BJJ (NO GI) |
| 09:00 PM | BJJ (GI) Muay Thai Ladies Muay Thai MMA | BJJ (NO-GI) MMA Boxing Muay Thai | BJJ (GI) Muay Thai Ladies Muay Thai MMA | BJJ (NO-GI) MMA Boxing Muay Thai | BJJ (GI) Muay Thai Ladies Muay Thai MMA |

| TIME | SATURDAY | SUNDAY |
|-----------------|---|------------|
| 12:00 PM | Ladies Muay Thai Boxing | No Classes |
| 4:00 PM | MMA Self Defense 10-15Y | |
| 5:00 PM | Muay Thai BJJ (Open Mat) Ladies Muay Thai | |

PERFORMFIT

| TIME | MONDAY & THURSDAY |
|-----------------|-------------------|
| 09:00 PM | PerformFit |

*PerformFit is not included in our Unlimited Memberships

OPENING HOURS

| | |
|-----------------|--------------------|
| Monday - Friday | 7:30 AM - 11:00 PM |
| Saturday | 10:00 AM - 6:30 PM |
| Sunday | 10:00 AM - 6:30 PM |

