

# CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7:00 AM</b>	BJJ (NO-GI)	Muay Thai	BJJ (NO-GI)	Muay Thai	BJJ (NO-GI)
<b>08:00 AM</b>		Ladies Muay Thai		Ladies Muay Thai	
<b>12:00 PM</b>	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
<b>04:00 PM</b>	BJJ (GI) 6-10Y	BJJ (NO-GI) 6-10Y	BJJ (GI) 6-10Y	BJJ (NO-GI) 6-10Y	BJJ (GI) 6-10Y
<b>05:00 PM</b>	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
<b>06:00 PM</b>	Ladies Muay Thai	Muay Thai	Ladies Muay Thai	Muay Thai	Ladies Muay Thai
<b>07:00 PM</b>	Muay Thai Wrestling	Muay Thai Ladies Muay Thai MMA	Muay Thai Wrestling	Muay Thai Ladies Muay Thai MMA	Muay Thai Wrestling
<b>08:00 PM</b>	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

TIME	SATURDAY	SUNDAY
<b>10:00 AM</b>	Ladies Muay Thai Boxing	No Classes
<b>11:00 AM</b>	Muay Thai MMA Self Defense 10-15Y	
<b>12:00 PM</b>	BJJ (Open Mat) Ladies Muay Thai	



## PERFORMFIT

TIME	MONDAY & THURSDAY
<b>07:00 PM</b>	PerformFit

\*PerformFit is not included in our Unlimited Memberships