



## Class Schedule

Time	Monday/Wednesday		Time	Tuesday/Thursday		Time	Friday	
<b>6:00-7:00AM</b>	Boxing (All Levels) <b>Coach Missy Dee</b>		<b>6:00-7:00AM</b>	Muay Thai /Kickboxing – Bagwork Blitz (All Levels) <b>Coach Karlando</b>	Open Mat			
<b>10:00-11:00AM</b>	Women’s Muay Thai/Kickboxing <b>Coach Tyson</b>		<b>5:30-6:15PM</b>	Children’s Brazilian Jiu-Jitsu (Ages 6-12)				
<b>5:30-6:15PM</b>	Children’s Muay Thai /Kickboxing (Ages 6-12–Group A) <b>Coach Tyson</b>	Open Mat	<b>6:15-7:00PM / *6:30-7:30PM</b>	Children’s Muay Thai / Kickboxing (Ages 6-12 - Group B) <b>Coach Tyson</b>	*Muay Thai/Kickboxing (Intermediate) <b>Coach Karlando</b>	<b>6:00-7:00PM</b>	Muay Thai /KickBoxing (All Levels) <b>Coach Tyson</b>	Open Mat
<b>6:30-7:30PM</b>	Muay Thai /Kickboxing (Beginner - Group A) <b>Coach Karlando</b>	Boxing (Beginner/Fundamentals) <b>Coach Tyson</b>	<b>7:00-8:00PM / *7:30-8:30PM</b>	Boxing (Intermediate) <b>Coach P-Mac</b>	*Muay Thai /Kickboxing (Beginner-Group B) <b>Coach Karlando</b>	<b>7:00-8:00PM</b>	Boxing (All Levels) <b>Coach Tyson</b>	
<b>7:30-8:30PM</b>	HIIT/Circuit Class (30 min Class) <b>Coach Tyson</b>	Brazilian Jiu-Jitsu (Beginner/Fundamentals) <b>Coach James</b>	<b>8:00-9:00PM</b>	White Crane Kung Fu <b>Sifu Alan</b>				
<b>8:00-9:00PM</b>	Muay Thai/Kickboxing (Competition Team) <b>Coach Karlando</b>							

Time	Saturday		Time	Sunday	
<b>10:00-11:00AM</b>	Little Ninja’s Kickboxing (Ages 4-5) *Ends at 10:45AM <b>Coach Jeet</b>		<b>10:00-12:00PM</b>	Competition Team Sparring	Open Mat
<b>11:00-12:00PM</b>	Children’s Muay Thai/Kickboxing Sparring	Boxing (All Levels) <b>Coach Missy Dee</b>	<b>12:00-1:00PM</b>	Boxing (All Levels) <b>Coach Missy Dee</b>	
<b>12:00-1:00PM</b>	Muay Thai Pad Class (All Levels) <b>Coach Karlando</b>	Open Mat			
<b>1:00-2:00PM</b>	Fundamentals of Sparring (Beg/Int) <b>Coach Karlando</b>				

### HOURS OF OPERATION

MONDAY-THURSDAY: 4:00PM-9:00PM

FRIDAY 5:00PM-8:00PM

SATURDAY: 10:00AM-2:00PM

SUNDAY: 10:00AM-2:00PM