

MARTIAL ARTS

| Time | Monday / Wednesday | | | Time | Tuesday / Thursday | | | Time | Friday | |
|--------------------------------|---|--|--|------------------------------|--|---|--|----------------------------|--|--|
| 6:00-7:00 AM *10:00-11:00AM | Boxing (All Levels) Coach Missy | *Women's Only Muay Thai/Kickboxing Coach Brayden | | | | | | | | |
| 12:00-1:00PM | 12 Rounds Conditioning Class Coach Brayden | | | | | | | 12:00-1:00PM | 12 Rounds Conditioning Class Coach Missy | |
| 5:00-5:30PM | Little Ninja's (Ages 4-6) Coach Brayden | | | 5:00 - 5:30PM | Little Ninja's (Ages 4-6) Coach Jeet | | | | | |
| 5:30-6:15PM | Muay Thai Juniors (Ages 7-12) Coach Brayden | | | 5:30 - 6:15PM | Children's MMA (Ages 6-13) Coach Mitch | Teens Muay Thai/Kickboxing (Ages 13-17) Coach Brayden | | | | |
| 6:30-7:30PM | Muay Thai/Kickboxing (Beginner) Coach Brayden | Boxing (Beginner) Coach Missy | | 6:15 - 7:00PM / *6:30-7:30PM | Muay Thai Juniors (Ages 7-12) Coach Robbie | *Muay Thai/Kickboxing (Intermediate) Coach Brayden | | 6:00-7:00PM | Muay Thai/Kickboxing (All Levels) Coach Robbie | |
| 7:30-8:30PM | Mixed Martial Arts (MMA) Coach Mitch | *Muay Thai/Kickboxing (Int-Adv) Coach Brayden | | 7:00-8:00PM / *7:30-8:30PM | Boxing (Beginner) Coach P-Mac | *Muay Thai/Kickboxing (Beginner) Coach Brayden | | 7:00-8:00PM / *7:00-9:00PM | Boxing (All Levels) Coach Robbie | *White Crane Kung Fu Sifu Alan |

| Time | Saturday | | | Time | Sunday | |
|-----------------|---|---|--|---------------|---|--|
| 10:00AM-10:45AM | Little Ninja's (Ages 4-6) Coach Jeet | | | 10:00-12:00PM | Competition Team Sparring | |
| 11:00-12:00PM | Children's MMA (Ages 6-13) Coach Mitch | | | 12:00-1:00PM | Boxing (All Levels) Coach Missy | |
| 12:00-1:00PM | Muay Thai Pad Class (All Levels) Coach Brayden | Boxing (All Levels) Coach Missy | | | | |
| 1:00-2:00PM | Fundamentals of Sparring (Beginner) Coach Brayden | Boxing Sparring Class Coach Missy | | | | |

HOURS OF OPERATION

MONDAY-THURSDAY: 4:00PM-8:30PM

FRIDAY: 5:30PM-9:00PM

SATURDAY: 10:00AM-2:00PM

SUNDAY: 10:00AM-1:00PM