



276-644-4499

1701 Euclid Ave Bristol VA. 24201

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
6:00 A.M.	KICKBOXING		KICKBOXING		KICKBOXING	
9:00 A.M.						KICKBOXING
						JIU-JITSU OPEN MAT/ ROLLING
10:00 A.M.	JIU -JITSU		JIU -JITSU			SPARRING
11:00 A.M.	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING	
EVENING						
4:15 P.M.				TINY CHAMPS KICKBOXING 3-5 YRS		
5:00 P.M.		LITTLE CHAMPS KICKBOXING 6-9 YRS		LITTLE CHAMPS KICKBOXING 6-9 YRS		
	YOUTH KICKBOXING 10-14 YRS	YOUTH KICKBOXING 10-14 YRS	YOUTH KICKBOXING 10-14 YRS	YOUTH KICKBOXING 10-14 YRS		
5:30 P.M.		HIIT BAG CLASS 30 Min.		HIIT BAG CLASS 30 Min.		
6:00 P.M.	KICK FIIT CARDIO BAG CLASS		KICK FIIT CARDIO BAG CLASS		WOMENS ONLY KICKBOXING	
	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING		
7:00 P.M.	OPEN MAT	KICKBOXING DRILLS/SPARRING	OPEN MAT	KICKBOXING DRILLS/SPARRING		
	JIU -JITSU	JIU -JITSU	JIU -JITSU	JIU -JITSU		

We have broken down our programs in a way that meets training goals
(See program schedule).

We have individual and family packages for Cardio classes, Kickboxing, Jiu-Jitsu and, Youth Kickboxing. Unlimited access members have access to use the gym outside of classes and access to all classes and programs.

Schedule a free consultation do discuss which plan is best for you and your goals.

SCHEDULE BY PROGRAM ON NEXT PAGE

KICK FIIT CARDIO SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	EVENING					
5:30 P.M.		HIIT BAG CLASS 30 Min.		HIIT BAG CLASS 30 Min.		
6:00 P.M.	KICK FIIT CARDIO BAG CLASS		KICK FIIT CARDIO BAG CLASS			

KICKBOXING PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MORNING					
6:00 A.M.	KICKBOXING		KICKBOXING		KICKBOXING	
9:00 A.M.						KICKBOXING
10:00 A.M.						SPARRING
11:00 A.M.	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING	
	EVENING					
6:00 P.M.	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING	WOMENS ONLY KICKBOXING	
7:00 P.M.	OPEN MAT	KICKBOXING DRILLS/SPARRING	OPEN MAT	KICKBOXING DRILLS/SPARRING		

JIU-JITSU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 A.M.						JIU-JITSU OPEN MAT/ ROLLING
10:00 A.M.	JIU -JITSU		JIU -JITSU			
6:00 P.M.						
7:00 P.M.	JIU -JITSU	JIU -JITSU	JIU -JITSU	JIU -JITSU		

YOUTH SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:15 P.M.				TINY CHAMPS KICKBOXING 3-5 YRS
5:00 P.M.		LITTLE CHAMPS KICKBOXING 6-9 YRS		LITTLE CHAMPS KICKBOXING 6-9 YRS
	YOUTH KICKBOXING 10-14 YRS	YOUTH KICKBOXING 10-14 YRS	YOUTH KICKBOXING 10-14 YRS	YOUTH KICKBOXING 10-14 YRS