



276-644-4499

1701 Euclid Ave Bristol VA. 24201

COMBINED CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
6:00 A.M.	HIIT BAG CLASS 30 Min.		HIIT BAG CLASS 30 Min.		HIIT BAG CLASS 30 Min.	
8:15 A.M.	KICK FIIT CARDIO BAG CLASS		KICK FIIT CARDIO BAG CLASS		KICK FIIT CARDIO BAG CLASS	
9:00 A.M.						FUNDAMENTAL KICKBOXING
10:00 A.M.						SPARRING
11:00 A.M.	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING	
EVENING						
4:15 P.M.				TINY CHAMPS KICKBOXING 3-5 YRS		
4:45 P.M.		LITTLE CHAMPS KICKBOXING 6-9 YRS		LITTLE CHAMPS KICKBOXING 6-9 YRS		
5:00 P.M.	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	MMA FUNDAMENTALS	KICK FIIT CARDIO BAG CLASS	MMA FUNDAMENTALS	KICK FIIT CARDIO BAG CLASS	
	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING		
7:00 P.M.	OPEN MAT	KICKBOXING DRILLS/SPARRING	OPEN MAT	KICKBOXING DRILLS/SPARRING		
	JIU -JITSU	FUNDAMENTAL KICKBOXING	JIU -JITSU	FUNDAMENTAL KICKBOXING		

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, MMA, Youth Kickboxing and Grappling. 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
MORNING						
6:00 A.M.	HIIT BAG CLASS 30 Min.		HIIT BAG CLASS 30 Min.		HIIT BAG CLASS 30 Min.	
8:15 A.M.	KICK FIIT CARDIO BAG CLASS		KICK FIIT CARDIO BAG CLASS		KICK FIIT CARDIO BAG CLASS	
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		KICK FIIT CARDIO BAG CLASS	

KICKBOXING PROGRAM

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

MMA PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
9:00 A.M.						FUNDAMENTAL KICKBOXING
10:00 A.M.						SPARRING
11:00 A.M.		KICKBOXING		KICKBOXING	KICKBOXING	
EVENING						
6:00 P.M.	KICKBOXING	MMA FUNDAMENTALS	KICKBOXING	MMA FUNDAMENTALS		
7:00 P.M.	JIU -JITSU	FUNDAMENTAL KICKBOXING	JIU -JITSU	FUNDAMENTAL KICKBOXING		

Grappling

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
EVENING				
6:00 P.M.		MMA FUNDAMENTALS		MMA FUNDAMENTALS
7:00 P.M.	JIU -JITSU		JIU -JITSU	

YOUTH SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:15 P.M.				TINY CHAMPS KICKBOXING 3-5 YRS
4:45 P.M.		LITTLE CHAMPS KICKBOXING 6-9 YRS		LITTLE CHAMPS KICKBOXING 6-9 YRS
5:00 P.M.	YOUTH KICKBOXING 10-14 YRS		YOUTH KICKBOXING 10-14 YRS	