



276-644-4499

1701 Euclid Ave Bristol VA. 24201

COMBINED CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
6:00 A.M.	OPEN WORKOUT		OPEN WORKOUT		OPEN WORKOUT	
8:30 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	COMBAT JIU -JITSU	KICK FIIT CARDIO BAG CLASS	COMBAT JIU -JITSU	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		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, 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.	
8:30 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		

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	COMBAT JIU -JITSU	KICKBOXING	COMBAT JIU -JITSU		
7:00 P.M.	JIU -JITSU	KICKBOXING DRILLS/SPARRING	JIU -JITSU	KICKBOXING DRILLS/SPARRING		

JIU-JITSU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
EVENING				
6:00 P.M.		COMBAT JIU -JITSU		COMBAT JIU -JITSU
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	