

KICKBOXING/ FIGHT TEAM / SELF-DEFENSE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
9:00 A.M.						FUNDAMENTAL KICKBOXING
10:00 A.M.	KICKBOXING		KICKBOXING		KICKBOXING	SPARRING
11:00 A.M.		KICKBOXING		KICKBOXING		
EVENING						
5:00 P.M.	YOUTH KICKBOXING (10-14 YRS.)	TINY TOTS KICKBOXING (6-9 YRS.)	YOUTH KICKBOXING (10-14 YRS.)	TINY TOTS KICKBOXING (6-9 YRS.)		
6:00 P.M.	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING		
7:00 P.M.	OPEN DRILLS/ SPARRING	FIGHT TEAM PRACTICE	OPEN DRILLS/ SPARRING	FIGHT TEAM PRACTICE		
	JIU-JITSU		JIU-JITSU			

FIGHT FIT CARDIO/ FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
6:00 A.M.	FIGHT FIT BAG CLASS		FIGHT FIT BAG CLASS		FIGHT FIT BAG CLASS	
9:00 A.M.	FIGHT FIT BAG CLASS		FIGHT FIT BAG CLASS		FIGHT FIT BAG CLASS	
EVENING						
5:30 P.M.		HIIT BAG CLASS		HIIT BAG CLASS		
6:00 P.M.	FIGHT FIT BAG CLASS	FIGHT FIT BAG CLASS	FIGHT FIT BAG CLASS	FIGHT FIT BAG CLASS	FIGHT FIT BAG CLASS	

COMBINED CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
6:00 A.M.	FIGHT FIT BAG CLASS		FIGHT FIT BAG CLASS		FIGHT FIT BAG CLASS	
9:00 A.M.	FIGHT FIT BAG CLASS		FIGHT FIT BAG CLASS		FIGHT FIT BAG CLASS	FUNDAMENTAL KICKBOXING
10:00 A.M.	KICKBOXING		KICKBOXING		KICKBOXING	SPARRING
11:00 A.M.		KICKBOXING		KICKBOXING		
EVENING						
5:00 P.M.	YOUTH KICKBOXING (10-14 YRS.)	TINY TOTS KICKBOXING (6-9 YRS.)	YOUTH KICKBOXING (10-14 YRS.)	TINY TOTS KICKBOXING (6-9 YRS.)		
5:30 P.M.		HIIT BAG CLASS		HIIT BAG CLASS		
6:00 P.M.	FIGHT FIT BAG CLASS	FIGHT FIT BAG CLASS	FIGHT FIT BAG CLASS	FIGHT FIT BAG CLASS	FIGHT FIT BAG CLASS	
	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING		
7:00 P.M.	OPEN DRILLS/ SPARRING	FIGHT TEAM PRACTICE	OPEN DRILLS/ SPARRING	FIGHT TEAM PRACTICE		
	JIU -JITSU		JIU -JITSU			