

OUR MISSION IS TO OFFER A SANCTUARY WERE EVERYONE IN OUR COMMUNITY CAN ESCAPE THE CHAOS OF THE WORLD WITH THE OPPORTUNITY TO FIND THEIR FULL MENTAL AND PHYSICAL POTENTIAL.

BY OFFERING THE MOST WELL-ROUNDED TRAINING SCHEDULE IN THE TRI- CITIES WITH CLASSES FOR ALL TRAINING GOALS WE HOPE TO PROVIDE OPPORTUNITY FOR EVERYONE TO GROW.

### COMBINED CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>						
6:00 A.M.	HIT BAG CLASS 30 Min.		HIT BAG CLASS 30 Min.		HIT BAG CLASS 30 Min.	
9:00 A.M.	FIGHT FIT BAG CLASS		FIGHT FIT BAG CLASS		FIGHT FIT BAG CLASS	FUNDAMENTAL KICKBOXING
10:00 A.M.	KICKBOXING	MMA FUNDAMENTALS	KICKBOXING	MMA FUNDAMENTALS	KICKBOXING	SPARRING
11:00 A.M.		KICKBOXING		KICKBOXING		
<b>EVENING</b>						
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.		HIT BAG CLASS 30 Min.		HIT BAG CLASS 30 Min.		
6:00 P.M.	FIGHT FIT BAG CLASS	MMA FUNDAMENTALS	FIGHT FIT BAG CLASS	MMA FUNDAMENTALS	FIGHT FIT BAG CLASS	
	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING		
7:00 P.M.		KICKBOXING DRILLS/SPARRING		KICKBOXING DRILLS/SPARRING		
	JIU -JITSU	FUNDAMENTAL KICKBOXING	JIU -JITSU	FUNDAMENTAL KICKBOXING		

**SCHEDULE BY PROGRAM ON NEXT PAGE**

## FIGHT FIT CARDIO/ FITNESS SCHEDULE

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

## KICKBOXING PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING</b>						
9:00 A.M.						FUNDAMENTAL KICKBOXING
10:00 A.M.	KICKBOXING		KICKBOXING		KICKBOXING	SPARRING
11:00 A.M.		KICKBOXING		KICKBOXING		
<b>EVENING</b>						
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.		KICKBOXING DRILLS/SPARRING		KICKBOXING DRILLS/SPARRING		
		FUNDAMENTAL KICKBOXING		FUNDAMENTAL KICKBOXING		

## MMA / JIU-JITSU PROGRAM

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