



Helping Our Community
Reach Its Full Potential
Mentally and Physically

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|--|--|--|--|--|-------------------------|
| 6:00 A.M. | BAG CLASS | | BAG CLASS | | BAG CLASS | |
| 9:00 A.M. | BAG CLASS | | BAG CLASS | | BAG CLASS | FUNDAMENTALS KICKBOXING |
| 10:00 A.M. | LEVEL 1 KICKBOXING Beginner to Intermediate | | LEVEL 1 KICKBOXING Beginner to Intermediate | | LEVEL 1 KICKBOXING Beginner to Intermediate | SPARRING |
| 11:00 A.M. | OPEN MAT | FUNDAMENTALS KICKBOXING | OPEN MAT | FUNDAMENTALS KICKBOXING | OPEN MAT | |
| 4:00 P.M. | JIU-JITSU FOR MMA | | JIU-JITSU FOR MMA | | | |
| 5:00 P.M. | YOUTH KICKBOXING (9-13 YRS.) | TINY TOTS KICKBOXING (5-8 YRS.) | YOUTH KICKBOXING (9-13 YRS.) | TINY TOTS KICKBOXING (5-8 YRS.) | | |
| 6:00 P.M. | LEVEL 1 KICKBOXING Beginner to Intermediate | FUNDAMENTALS KICKBOXING | LEVEL 1 KICKBOXING Beginner to Intermediate | FUNDAMENTALS KICKBOXING | BAG CLASS | |
| 7:00 P.M. | BAG CLASS | LEVEL 2 KICKBOXING (Competition Prep) | BAG CLASS | LEVEL 2 KICKBOXING (Competition Prep) | | |



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BEGINNER KICKBOXING CLASS SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|-------------------|-------------------------|-------------------|-------------------------|-----------|-------------------------|
| 6:00 A.M. | BAG CLASS | | BAG CLASS | | BAG CLASS | |
| 9:00 A.M. | BAG CLASS | | BAG CLASS | | BAG CLASS | FUNDAMENTALS KICKBOXING |
| 11:00 A.M. | OPEN MAT | FUNDAMENTALS KICKBOXING | OPEN MAT | FUNDAMENTALS KICKBOXING | OPEN MAT | |
| 4:00 P.M. | JIU-JITSU FOR MMA | | JIU-JITSU FOR MMA | | | |
| 6:00 P.M. | | FUNDAMENTALS KICKBOXING | | FUNDAMENTALS KICKBOXING | BAG CLASS | |
| 7:00 P.M. | BAG CLASS | | BAG CLASS | | | |