



Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00am Tai Chi	9:30am Tai Chi
					1:00pm Striking (Boxing)	11:00am Mobility & Mindfulness
						12:00pm Grappling (No-Gi BJJ)
						1:00pm Striking (Dutch kickboxing)
5:30pm Little Kicks (Muay Thai Kickboxing)	5:30pm Little Kicks (Boxing)	5:30pm Little Kicks (Muay Thai Kickboxing)				
6:30pm Striking (Muay Thai Kickboxing)	6:30pm Striking (Dutch Kickboxing)	6:30pm Striking (Muay Thai Kickboxing)	6:30pm Mixed Martial Arts	6:30pm Striking (Boxing)		
7:30pm Grappling (No-Gi BJJ)	7:30pm Grappling (Wrestling)	7:30pm Grappling (No-Gi BJJ)	7:30pm Open Sparring & grappling	7:30pm Open Sparring & grappling		
8:30pm Practice & Roll	8:30pm Practice & Roll	8:30pm Practice & Roll				

- **Website members, Please Download FITKICK! App.**