



Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30am Striking (Muay Thai Kickboxing)		6:30am Striking (Dutch Kickboxing)		9:30am Mobility & Mindfulness	11:00am Grappling (No-Gi BJJ)
					10:30am Mixed Martial Arts	12:00pm Striking (Dutch kickboxing)
					11:30am MMA Technical Sparring	
					12:00pm Little Kicks (Boxing)	
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 Striking (Boxing)	6:30pm Striking (Boxing)		
7:30pm Grappling (No-Gi BJJ)	7:30pm Grappling (Wrestling)	7:30pm Grappling (No-Gi BJJ)	7:30pm Technical Sparring	7:30pm Technical Sparring		
8:30pm Practice & Roll	8:30pm Practice & Roll	8:30pm Practice & Roll				

- Website members, Please Download FITKICK! App. to reserve your Spot

