



## Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am <b>Striking</b> (Muay Thai Kickboxing)		6:30am <b>Striking</b> (Dutch Kickboxing)		6:30am <b>Striking</b> (Boxing)	9:00am <b>Mental Training</b>	11:00am <b>Grappling</b> (No-Gi BJJ)
					10:00am <b>Mixed Martial Arts</b>	12:00pm <b>Striking</b> (Dutch kickboxing)
					11:00am <b>MMA Technical Sparring</b>	
					12:00pm <b>Little Kicks</b>	
5:30pm <b>Little Kicks</b>	5:30pm <b>Little Kicks</b>	5:30pm <b>Little Kicks</b>				
6:30pm <b>Striking</b> (Muay Thai Kickboxing)	6:30pm <b>Striking</b> (Dutch kickboxing)	6:30pm <b>Striking</b> (Muay Thai Kickboxing)	6:30pm <b>Striking</b> (Boxing)	6:30pm <b>Striking</b> (Boxing)		
7:30pm <b>Grappling</b> (No-Gi BJJ)	7:30pm <b>Grappling</b> (Wrestling)	7:30pm <b>Grappling</b> (No-Gi BJJ)	7:30pm <b>Technical Sparring</b>	7:30pm <b>Technical Sparring</b>		
8:30pm <b>Practice &amp; Roll</b>	8:30pm <b>Practice &amp; Roll</b>	8:30pm <b>Practice &amp; Roll</b>				

### Important Detail:

- Classes are reservation only, and YOU MUST RESERVE your spot on [WWW.FITKICKMMA.COM](http://WWW.FITKICKMMA.COM) scheduling website or App to attend. You will not be able to participate unless you have a reservation.
- Personal Training Clients please schedule your sessions around Martial Arts class times.
- You may enter the building 5 minutes before your class start time.