



Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am Tai Chi		9:30am Tai Chi		9:30am Tai Chi	9:00am Tai Chi	9:30am Tai Chi
					1:00pm Striking (Boxing)	11:00am The Fighter's Edge (Fitness)
						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 (Dutch Kickboxing)		5:30pm The Fighter's Edge (Fitness)		
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.**