



## Class Schedule

| Monday   | Tuesday                                      | Wednesday  | Thursday                                    | Friday  | Saturday                           | Sunday   |
|--|--|--|---|---|------------------------------------|--|
|  |  |  |   |   | 9:00am <b>Tai Chi</b>              | 9:30am <b>Tai Chi</b>                          |
|  |  |  |   |   | 1:00pm <b>Striking</b><br>(Boxing) | 11:00am <b>The Fighter's Edge</b><br>(Fitness) |
|  |  |  |   |   |                                    | 12:00pm <b>Grappling</b><br>(No-Gi BJJ)        |
|  |  |  |   |   |                                    | 1:00pm <b>Striking</b><br>(Dutch kickboxing)   |
| 5:30pm <b>Little Kicks</b><br>(Muay Thai Kickboxing) | 5:30pm <b>Little Kicks</b><br>(Boxing)       | 5:30pm <b>Little Kicks</b><br>(Dutch Kickboxing) |   | 5:30pm <b>The Fighter's Edge</b><br>(Fitness) |                                    |  |
| 6:30pm <b>Striking</b><br>(Muay Thai Kickboxing)     | 6:30pm <b>Striking</b><br>(Dutch Kickboxing) | 6:30pm <b>Striking</b><br>(Muay Thai Kickboxing) | 6:30pm <b>Mixed Martial Arts</b>            | 6:30pm <b>Striking</b><br>(Boxing)            |                                    |  |
| 7:30pm <b>Grappling</b><br>(No-Gi BJJ)               | 7:30pm <b>Grappling</b><br>(Wrestling)       | 7:30pm <b>Grappling</b><br>(No-Gi BJJ)           | 7:30pm <b>Open Sparring &amp; grappling</b> | 7:30pm <b>Open Sparring &amp; grappling</b>   |                                    |  |
| 8:30pm <b>Practice &amp; Roll</b>                    | 8:30pm <b>Practice &amp; Roll</b>            | 8:30pm <b>Practice &amp; Roll</b>                |   |   |                                    |  |

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