

2024 SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	KICKBOXING MIXED LEVEL 7:00	BJJ (No Gi) MIXED LEVEL 7:00	BJJ (No Gi) MIXED LEVEL 7:00	KICKBOXING MIXED LEVEL 7:00	BJJ (No Gi) MIXED LEVEL 7:00	PERSONAL TRAINING ONLY	
7:30 AM							
8:00 AM				BJJ (Gi) MIXED LEVEL 8:00			
8:30 AM						LITTLE DRAGONS 9:00	
9:00 AM	PERSONAL TRAINING BY APPOINTMENT						
9:30 AM							
10:00 AM	BJJ (Gi) MIXED LEVEL 10:00		BJJ (Gi) MIXED LEVEL 10:00		BJJ (Gi) MIXED LEVEL 10:00	BJJ (No Gi) FUNDAMENTALS 10:00	BJJ (Gi) FUNDAMENTALS 10:00
10:30 AM							
11:00 AM						BJJ (No Gi) ADVANCED 11:00	BJJ OPEN MAT 11:00
11:30 AM							
12:00 PM	BJJ (No Gi) MIXED LEVEL 12:00	BJJ (Gi) MIXED LEVEL 12:00	BJJ (No Gi) MIXED LEVEL 12:00	BJJ (Gi) MIXED LEVEL 12:00	BJJ (Gi) MIXED LEVEL 12:00		FIGHTING FIT 12:00
12:30 PM						BOXING MIXED LEVEL (OPTIONAL SPARRING) 12:30	
1:00 PM	BOXING MIXED LEVEL 1:00	FIGHTING FIT 1:00	BJJ (NoGi) MIXED LEVEL 1:00	BOXING MIXED LEVEL 1:00	FIGHTING FIT 1:00	BJJ (NoGi) MIXED LEVEL 1:00	
1:30 PM							
2:00 PM	STRENGTH 101 2:00	MMA MIXED LEVEL 2:00	STRENGTH 101 2:00	MMA MIXED LEVEL 2:00	STRENGTH 101 2:00	TEENS KICKBOXING 2:00	
2:30 PM							
3:00 PM	PERSONAL TRAINING BY APPOINTMENT						
3:30 PM							
4:00 PM	LITTLE DRAGONS 4:15	KIDS BJJ (Gi) 4:00	LITTLE DRAGONS 4:15	JUNIORS KICKBOXING 4:15	KIDS BJJ (Gi) 4:00		
4:30 PM							
5:00 PM	JUNIORS KICKBOXING 5:00	JUNIORS & TEENS BJJ (Gi) 5:00	JUNIORS KICKBOXING 5:00		JUNIORS & TEENS BJJ (Gi) 5:00	PERSONAL TRAINING ONLY	
5:30 PM							
6:00 PM	TEENS KICKBOXING 5:45		TEENS KICKBOXING 5:45				
6:30 PM	BJJ (No Gi) FUNDAMENTALS 6:30	BOXING FUNDAMENTALS 6:30	KICKBOXING FUNDAMENTALS 6:30	KICKBOXING DRILLS 6:30	WRESTLING MIXED LEVEL 6:00		
7:00 PM							
7:30 PM	BJJ OPEN MAT 7:30	BJJ (Gi) FUNDAMENTALS 7:30	BJJ (No Gi) FUNDAMENTALS 7:30	BJJ (Gi) MIXED LEVEL 7:30			
8:00 PM							
8:30 PM							

SCAN ME



OPENING HOURS

Mon, Tue, Wed, Thu, Fri: 7am-9pm
Sat, Sun: 9am-4pm

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MARTIAL ARTS & STRENGTH

