

2022 SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	KICK BOXING MIXED LEVEL 7:00	BJJ (NoGi) MIXED LEVEL 7:00	BJJ (NoGi) MIXED LEVEL 7:00	BOXING MIXED LEVEL 7:00	BJJ (NoGi) MIXED LEVEL 7:00	PERSONAL TRAINING ONLY	
7:30 AM		BOXING MIXED LEVEL 8:00		BJJ (Gi) MIXED LEVEL 8:00			
8:00 AM							
8:30 AM							
9:00 AM	PERSONAL TRAINING BY APPOINTMENT					FIGHTING FIT 9:00	LITTLE DRAGONS 9:00
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 (NoGi) BASICS 10:00	BJJ (Gi) WOMEN'S ONLY 10:00
10:30 AM							
11:00 AM	PERSONAL TRAINING BY APPOINTMENT					BJJ (NoGi) ADVANCED 11:00	BJJ (Gi) MIXED LEVEL 11:00
11:30 AM							
12:00 PM	BOXING MIXED LEVEL 12:00	BJJ (Gi) MIXED LEVEL 12:00	BOXING MIXED LEVEL 12:00	BJJ (Gi) MIXED LEVEL 12:00	BOXING MIXED LEVEL 12:00		FIGHTING FIT 12:00
12:30 PM						BOXING MIXED LEVEL 12:30	
1:00 PM	BJJ (NoGi) MIXED LEVEL 1:00	FIGHTING FIT 1:00	BJJ (NoGi) MIXED LEVEL 1:00	FIGHTING FIT 1:00	BJJ (NoGi) MIXED LEVEL 1:00	BOXING SPARRING 1:30	
1:30 PM							
2:00 PM	STRENGTH 101 2:00	KICK BOXING MIXED LEVEL 2:00	STRENGTH 101 2:00	MMA 2:00	STRENGTH 101 2:00	JUNIORS 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 BJJ (Gi) 5:00	JUNIORS KICKBOXING 5:00		JUNIORS BJJ (Gi) 5:00		
5:30 PM						PERSONAL TRAINING ONLY	
6:00 PM		STRENGTH TRAINING FOR GRAPPLERS 6:00		STRENGTH TRAINING FOR GRAPPLERS 6:00	BJJ (NoGi) MIXED LEVEL 6:00		
6:30 PM	WRESTLING 6:30	BOXING MIXED LEVEL 6:30	KICKBOXING 6:30	KICKBOXING 6:30			
7:00 PM							
7:30 PM	BJJ (NoGi) MIXED LEVEL 7:30	BJJ (Gi) MIXED LEVEL 7:30	BJJ (NoGi) MIXED LEVEL 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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