



Adult / Teen Class Schedule

Last Updated : 9/11/2017 12:07:47 PM

Hours of Operation
 6a - 7a (Boot Camp M/W/F)
 9a - 9p (Mon - Thu)
 9a - 5p (Fri)
 9a - 3p (Sat)

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am - 7 am	MAT AREA 1	BOOT CAMP		BOOT CAMP		BOOT CAMP	
9 am - 10 am	MAT AREA 1	KICKBOXING	BOXING	KICKBOXING	BOXING	KICKBOXING	BOXING
10 am - 11 am	MAT AREA 1						KICKBOXING
10 am - 11 am	MAT AREA 2	GI JIU JITSU		GI JIU JITSU		GI JIU JITSU	GI JIU JITSU
10 am - 11 am	XC FIT AREA		XTREME MMA CROSS-TRAINING		XTREME MMA CROSS-TRAINING		
11 am - 12 Noon	MAT AREA 1	NO-GI JIU JITSU	MMA	NO-GI JIU JITSU	MMA	NO-GI JIU JITSU	CARDIO KICKBOXING
11 am - 12 Noon	MAT AREA 2						NO-GI JIU JITSU
12 Noon - 1 pm	MAT AREA 1	CARDIO KICKBOXING	CARDIO KICKBOXING	CARDIO KICKBOXING	CARDIO KICKBOXING	CARDIO KICKBOXING	
12 Noon - 1 pm	MAT AREA 2						OPEN MAT GRAPPLING
12 Noon - 1:30 pm	MAT AREA 2					PRO/AM TEAM PRACTICE *	
3:30 pm - 5 pm	MAT AREA 2	PRO/AM TEAM PRACTICE *	PRO/AM TEAM PRACTICE *	PRO/AM TEAM PRACTICE *	PRO/AM TEAM PRACTICE *		
5 pm - 6 pm	MAT AREA 1	BEGINNERS KICKBOXING	KICKBOXING	BEGINNERS KICKBOXING	KICKBOXING		
5 pm - 6 pm	MAT AREA 2	MMA		MMA			
5 pm - 6 pm	UPSTAIRS		WRESTLING FOR MMA		WRESTLING FOR MMA		
6 pm - 7 pm	MAT AREA 2	GI JIU JITSU	NO-GI JIU JITSU	GI JIU JITSU	NO-GI JIU JITSU		
6 pm - 7 pm	MAT AREA 2A	FUNDAMENTALS GI JIU JITSU		FUNDAMENTALS GI JIU JITSU			
6 pm - 7 pm	XC FIT AREA	XTREME MMA CROSS-TRAINING	XTREME MMA CROSS-TRAINING	XTREME MMA CROSS-TRAINING	XTREME MMA CROSS-TRAINING		
7 pm - 8 pm	MAT AREA 1	BOXING	AMATEUR TEAM	BOXING	AMATEUR TEAM		
7 pm - 8 pm	MAT AREA 2	NO-GI JIU JITSU	GI JIU JITSU	NO-GI JIU JITSU	GI JIU JITSU		

All kickboxing classes require ranked BMT or white shirts to attend.

* Must have prior approval from coaches to attend these classes

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