

Adult / Teen Class Schedule

Last Updated : 3/26/2018 10:05:31 AM

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 All Levels		BOOT CAMP All Levels		BOOT CAMP All Levels	
9 am - 10 am	MAT AREA 1	KICKBOXING All Levels	BOXING All Levels	KICKBOXING All Levels	BOXING All Levels	KICKBOXING All Levels	BOXING All Levels
10 am - 11 am	MAT AREA 1						KICKBOXING All Levels
10 am - 11 am	MAT AREA 2	GI JIU JITSU All Levels		GI JIU JITSU All Levels		GI JIU JITSU All Levels	GI JIU JITSU All Levels
10 am - 11 am	XC FIT AREA		CROSS TRAINING All Levels		CROSS TRAINING All Levels		
11 am - 12 Noon	MAT AREA 1	NO-GI JIU JITSU All Levels	MMA All Levels	NO-GI JIU JITSU All Levels	MMA All Levels	NO-GI JIU JITSU All Levels	CARDIO KICKBOXING All Levels
11 am - 12 Noon	MAT AREA 2						NO-GI JIU JITSU All Levels
12 Noon - 1 pm	MAT AREA 1	CARDIO KICKBOXING All Levels	CARDIO KICKBOXING All Levels	CARDIO KICKBOXING All Levels	CARDIO KICKBOXING All Levels	CARDIO KICKBOXING All Levels	
12 Noon - 1 pm	MAT AREA 2						OPEN MAT GRAPPLING All Levels
12 Noon - 1:30 pm	MAT AREA 2					PRO/AM TEAM PRACTICE * Invite	
3:30 pm - 5 pm	MAT AREA 2	PRO/AM TEAM PRACTICE * Invite	PRO/AM TEAM PRACTICE * Invite	PRO/AM TEAM PRACTICE * Invite	PRO/AM TEAM PRACTICE * Invite		
5 pm - 6 pm	MAT AREA 1	BEGINNERS KICKBOXING	KICKBOXING All Levels	BEGINNERS KICKBOXING	KICKBOXING All Levels		
5 pm - 6 pm	MAT AREA 2	MMA All Levels		MMA All Levels			
5 pm - 6 pm	UPSTAIRS		WRESTLING FOR MMA All Levels		WRESTLING FOR MMA All Levels		
6 pm - 7 pm	MAT AREA 2	GI JIU JITSU All Levels	NO-GI JIU JITSU All Levels	GI JIU JITSU All Levels	NO-GI JIU JITSU All Levels		
6 pm - 7 pm	MAT AREA 2A	FUNDAMENTALS GI JIU JITSU Beginners		FUNDAMENTALS GI JIU JITSU Beginners			
6 pm - 7 pm	XC FIT AREA	CROSS TRAINING All Levels	CROSS TRAINING All Levels	CROSS TRAINING All Levels	CROSS TRAINING All Levels		
7 pm - 8 pm	MAT AREA 1	BOXING All Levels	AMATEUR TEAM Invite	BOXING All Levels	AMATEUR TEAM Invite		
7 pm - 8 pm	MAT AREA 2	NO-GI JIU JITSU All Levels	GI JIU JITSU All Levels	NO-GI JIU JITSU All Levels	GI JIU JITSU All Levels		

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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