



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:00am	Boxing	Muay Thai	Boxing	Muay Thai	Boxing
10:00am-11:30am	Upstairs Open Gym		Upstairs Open Gym		Upstairs Open Gym
4:30pm-5:30pm	Youth Striking	Youth Striking	Youth Striking	Youth Striking	Youth Striking
5:30pm-6:30pm			Upstairs Open Gym		
6:30pm-7:30pm	Boxing		Boxing		Striking 101 (Boxing/Muay Thai)
7:30pm-8:30pm	Muay Thai		Muay Thai		

*MMA Adult Classes: 18yrs and older*

*Youth Program: (8-17yrs old)*