



CLASS SCHEDULE



Effective 1/12/12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Little Champions (Ages 4-6)		5:15 PM - 5:45 PM		5:15 PM - 5:45 PM		Call for Details	
Junior Champions (Ages 7-12)	5:15 PM - 6:00 PM	5:50 PM - 6:30 PM <u>6:30 - 6:45 PM Sparring</u>	4:45 PM - 5:30 PM <u>5:30 - 5:45 PM Sparring</u>	5:50 PM - 6:30 PM	5:15 PM - 6:00 PM	9:45AM - 10:30 AM <u>10:30 - 10:45 AM Sparring</u>	
Adult/Teen Martial Arts	6:00 PM - 7:00 PM Krav/Sparring	6:45 PM - 7:30 PM	7:00 PM - 8:00 PM Krav/BJJ/MMA	6:30 PM - 7:30PM Sparring	6:00 PM - 7:00 PM BJJ/MMA	10:45 AM - 11:45 AM Sparring	
Kickboxing	7:00 PM - 8:00 PM	7:30 PM - 8:30 PM	10:00 AM - 11:00 AM 6:00 PM - 7:00 PM	7:30 PM - 8:30 PM	10:00 AM - 11:00 AM 7:00 PM - 8:00 PM	12:00 PM - 12:45 PM	6:00 PM - 7:00 PM
Brazilian Jiu Jitsu MMA Fitness			7:00 PM - 8:00 PM		6:00 PM - 7:00 PM	TBA	
Krav Maga Self-Defense	6:00 PM - 7:00 PM		7:00 PM - 8:00 PM			TBA	
Tai Chi			8:00 PM - 9:00 PM			3:00 PM - 4:00 PM	
MMA Fitness	10:30 AM - 11:15 AM				11:15 AM - 12:00 PM		
Bootcamp		10:30 AM - 11:15 AM		10:30 AM - 11:15 AM			
After School Fitness Kids 8-17	TBA	TBA	3:30PM-4:30 PM	TBA	3:30PM-4:45PM		
Hybrid Strength & Conditioning	TBA	9:30AM-10:30AM	TBA	9:30AM-10:30AM	TBA	1:00PM-2:00PM	

PERSONAL TRAINING \$60 PER HOUR! OPEN MAT AND THE 20 MIN WORKOUT ARE ALSO AVAILABLE BY APPT.... DAY PASSES ALSO AVAILABLE... GYM OPEN DAILY FOR WEIGHT TRAINING!