

### CARDIO KICKBOXING

Time	Monday	Tuesday	Wednesay	Thursday	Friday	Saturday	Sunday
7:00am - 8:15am	Lindsay		Lindsay		Lindsay		
10:00am - 11:15am						Varies	
12:00pm - 1:15pm	Shane	Shane	Shane	Shane	Shane		
5:15pm - 6:30pm	Shane	Shane	Shane	Shane	Shane		
6:30pm - 7:45pm	Justin	Justin	Edgar	Alex			
7:45pm - 9:00pm	Romie	Romie	Romie	Romie			

### MUAY THAI

Time	Monday	Tuesday	Wednesay	Thursday	Friday	Saturday	Sunday
12:00 pm - 1:15 pm	Oyama	Oyama	Oyama	Oyama	Oyama		
5:15pm - 6:45pm		Bao		Bao	Bao		

### BRAZILIAN JIU JITSU

Time	Monday	Tuesday	Wednesay	Thursday	Friday	Saturday	Sunday
7:00am - 8:30am		Gi	Gi	Gi			
9:00am - 10:00am						Kids Gi	
4:00pm - 5:00pm		Kids Gi		Kids Gi			
5:00pm - 7:00pm					Open Mat		
7:00pm - 8:15pm	Gi	No Gi	Gi	No Gi			

### MIXED MARTIAL ARTS

Time	Monday	Tuesday	Wednesay	Thursday	Friday	Saturday	Sunday
5:30pm - 7:30pm	Beginner MMA	Pro MMA	Beginner MMA	Pro MMA	Pro MMA		
7:00pm - 8:30pm	Pro MMA	Pro MMA	Pro MMA	Pro MMA			

### TEAM TRAINING

Time	Monday	Tuesday	Wednesay	Thursday	Friday	Saturday	Sunday
5:30pm - 6:30pm		Oyama		Oyama	Oyama		
7:00pm - 8:30pm	Oyama	Oyama	Oyama	Oyama			