

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Dojo Closed	2 Kicking Drills	3 Requirements	4 Requirements	5 Private Lessons Available	6 Requirements
7	8 Self Defense	9 Self Defense	10 Requirements	11 Requirements	12 Private Lessons Available	13 Take Downs
14	15 Grappling	16 Grappling	17 Sparring	18 Sparring	19 Private Lessons Available	20 Sparring Coach Georgi's Fight
21	22 Self Defense	23 Self Defense	24 Take Downs	25 Take Downs	26 Private Lessons Available	27 Grappling
28	29 Sparring	30	Refer a new member and receive \$50 in our Pro Shop!!!			

Fitness Kickboxing

Mornings: Tues & Thurs : 9:30 am
Saturday: 9:00 a.m.

Evenings: Mon. & Wed : 5:15 & 6:30 pm.
Tues & Thurs: 5:30 & 6:30 pm.

MUAY THAI KICKBOXING CLASS

Mornings: Mon & Wed & Sat: 11: 00 am
Fri: 9:00am

Evenings: Mon & Wed: 7:30 pm
Tues & Thurs: 4:45 pm

Grappling

<u>Kids</u>	<u>Adults</u>
Mon & Wed: 5:00 pm	Mon & Wed: 6:30 pm
Tues & Thur: 6:15 pm	Tues & Thur: 7:00 pm

September Events:

Sept 2: Kid's Muay Thai & Fitness Boot Camp begins

Sept 20: Coach Georgi's fight at No Limits

Sept 25: Come support Black Belt Testing

Mon./ Wed. Class Schedule

Jr. 3:45 p.m. Red/White-Black Belts
Jr. 4:30 p.m. Org.-Purp./Wht. Belts
PW 4:45 p.m. Pee-Wee Champs
Jr. 5:15 p.m. White Belts
Jr. 5:15 p.m. Purp.-Grn./Wht. Belts
Jr. 6:00 p.m. Grn.-Blu. Belts
Jr. 6:00 p.m. White Belts
Sr. 6:45 p.m. All Ranks
Jr. 6:45 p.m. Org.-Purp./Wht. Belts

Tues./ Thurs. Class Schedule

PW. 3:45 p.m. Pee Wee Champs
Jr. 4:15 p.m. Org.-Purp./Wht. Belts
Jr. 4:30 p.m. Grn.-Blue Belts
Jr. 5:00 p.m. Purp.-Grn/Wht Belts
Jr. 5:15 p.m. Org.-Purple White Belts
PW. 5:45 p.m. Pee Wee Champs
Sr. 6:00 p.m. White-Purple Belts
Jr. 6:15 p.m. White Belts
Jr. 6:45 p.m. Purple -Grn/Wht White
Sr. 7:30 p.m. Grn.-Black Belts

Saturday Morning Classes

Sr. 9:00 a.m. All Belts
Jr. 9:00 a.m. Blue-Red
Jr. 9:45 a.m. White-Green

Kid's Muay Thai

Mon & Wed : 5:45 PM
Tues & Thurs: 5:30 PM

Fitness boot camp

Mornings: Mon & Wed: 6:30A.M.
Evenings: Tues & Thurs: 12:00PM & 6:15P