

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Sparring	3 Sparring	4 Self-Defense	5 Self-Defense	6 Private Lessons Available	7 Requirements
8	9 Kata	10 Kata Advanced Training 7:15pm	11 Sparring	12 Sparring	13 Private Lessons Available	14 Self-Defense
15	16 Requirements	17 Requirements	18 Kata	19 Kata	20 Private Lessons Available	21 Sparring
22	23 Self-Defense	24 Self-Defense	25 Requirements	26 Requirements	27 Private Lessons Available	28 Kata
29	30 Sparring	31 Sparring				

Fitness Kickboxing
Mornings: Tues & Thurs 7:00 am & 9:30 am
Saturday: 9:00 a.m.
Evenings: Mon. & Wed : 3:30, 5:15 & 6:45 pm
Tues & Thurs.: 5:30 & 7:00 pm
Friday: 5:15 pm

Adult Muay Thai Kickboxing
Mornings: Mon/Wed/Fri: 11:00 am
Sat: 11:00 am
Evenings: Mon & Wed: 6:00 pm
Tues & Thurs: 4:45 pm
Tues & Thurs: 6:00pm - **Ladies Only**
Friday: 6:00pm

Adult Brazilian Jiu-Jitsu
Evenings: Wednesday 5:00pm
Tues & Thurs 7:00pm
Saturday: 10:00 am

Fitness Bootcamp
Mornings: Mon & Wed 6:00 am
Tues & Thurs 5:30 am
Friday 6:30am
Evenings: Mon & Wed 4:30pm
Tues & Thurs 6:15 pm

Martial Arts Mon./ Wed. Class Schedule
3:30pm- All Blue, Red, & Black belts
4:15pm- BBA
4:30pm- Pee Wee, White belts & Orange belts
5:15pm- All Purple & Green belts
5:15pm- Adult All Rank (Instructed)
6:00pm- BBA
6:15pm- Pee Wee, White belts, & Orange belts

Tuesday, January 10

Advanced Training with Sensei Matt Gingerella 7:15pm

Martial Arts Tues./ Thurs. Class Schedule

- 3:30pm- Pee Wee, White belts, Orange belts
- 4:15pm- All Purple & Green belts
- 5:00pm- BBA
- 5:15pm- Pee Wee, White belts, Orange belts
- 6:00pm- All Blue, Red, & Black belts
- 6:45pm- BBA
- 6:45pm- Adult All Rank (Open Mat)
- 7:00pm- All Ranks
- 7:45pm- BBA

Martial Arts Saturday Morning Schedule

- 9:00am - All Belts - Advance
- 9:00am - Grn/Wht - Black
- 9:45am - BBA
- 10:00am - White - Purple belts

Kids Brazilian Jiu-Jitsu

- Mon/Wed: 4:15 pm
- Tues/Thurs: 6:15pm
- Saturday: 10:00 am

Kids Muay Thai

- Mon/Wed: 5:15 pm
- Tues/Thurs: 5:30 pm

Gym Hours

- Mon-Thurs: 9:00 am- 830 pm
- Friday: 10:00 am-7:00 pm
- Saturday: 9:00 am-12:00 pm