CURRENT SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am-8 am	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp		
8 am-9 am						Boot Camp	
9 am-10 am						*Youth TKD*	
9 am-10 am						Youth Muay Thai	C
10 am-11 am	Muay Thai Fitness	Boxing Fitness	Muay Thai Fitness	Boxing Fitness	Muay Thai Fitness	*Youth TKD*	L
10 am-11 am						*Youth Jiu Jitsu - Gi*	O
11 am - 12 pm	Strength and Conditioning	TRX	Strength and Conditioning	TRX	Strength and Conditioning	Cardio Boxing	S
12pm-1pm	No Gi BJJ	Fighter Training	No Gi BJJ	Fighter Training	No Gi BJJ	Fighter Training 11am - 1 pm	E
12pm-1pm		**Muay Thai**		**Muay Thai**		Capoeira	D
1pm - 5pm						Pro Wrestling	
12 pm-3 pm	Closed or by apopointment	Private Lessons/ Open Gym	Private Lessons /Open Gym	Private Lessons/ Open Gym	Closed or by apopointment		
4 pm-5 pm	*Youth T K D*	*Youth TKD*	*Youth TKD*	*Youth TKD*	*Youth TKD*		
4 pm-5 pm	*Youth MMA*	*Youth Muay Thai*	*Youth MMA*	*Youth Muay Thai*	*Youth MMA*		
5 pm-6 pm	*Youth TKD*	*Youth TKD*	*Youth TKD*	*Youth TKD*	*Youth TKD*		
5 pm-6 pm	*Youth Boxing*	*Youth Jiu Jitsu - Gi*	*Youth Boxing*	*Youth Jiu Jitsu - Gi*	*Youth Boxing*		
6 pm-7 pm	*Youth TKD*	*Youth Wrestling*	*Youth TKD*	*Youth Wrestling*	*Boxing*		
6 pm-7 pm	Muay Thai Fitness	Boxing Fitness	Muay Thai Fitness	Boxing Fitness	Muay Thai Fitness		
7 pm-8 pm	SELF DEFENSE	Wrestling	SELF DEFENSE	Wrestling			
7 pm-8 pm			Capoeira				
7 pm-8 pm	*Boxing*		*Muay Thai*		*Muay Thai*		
7pm - 10 pm		Pro Wrestling		Pro Wrestling			
8 pm -9 pm	*Muay Thai*	Gi Brazilian Jiu Jitsu	*MMA*	Gi Brazilian Jiu Jitsu	Gi Brazilian Jiu Jitsu		
9 pm -10 pm	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat		