

**972-951-2526**  
1207 Ridge Road  
Rockwall, TX 75087



Private Instruction and Personal  
Training is available by  
appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KICKBOXING 9:30-10:30		KICKBOXING 9:30-10:30		KICKBOXING 9:30-10:30	GRAPPLING 10-11
	MUAY THAI KICKBOXING 12:00-1	GRAPPLING 12:00-1	MUAY THAI KICKBOXING 12:00-1	GRAPPLING 12:00-1	KICKBOXING 11-12
					KIDS (8-13) 11-12
SAMURAI (AGE 4-7) 5-5:30	SAMURAI (AGE 4-7) 5-5:30	SAMURAI (AGE 4-7) 5-5:30	SAMURAI (AGE 4-7) 5-5:30		
KIDS (AGE 8-13) 5:30-6:30	KIDS (AGE 8-13) 5:30-6:30	KIDS (AGE 8-13) 5:30-6:30	KIDS (AGE 8-13) 5:30-6:30		
MUAY THAI KICKBOXING 6:30-7:30	MUAY THAI KICKBOXING 6:30-7:30	MUAY THAI KICKBOXING 6:30-7:30	MUAY THAI KICKBOXING 6:30-7:30		
MMA (DOJO GI REQUIRED) 7:30-8:30	MMA (NO GI) 7:30-8:30	MMA (DOJO GI REQUIRED) 7:30-8:30	MMA (NO GI) 7:30-8:30		
	MMA FIGHT TEAM 8:30-9:30		MMA FIGHT TEAM 8:30-9:30		