MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Trainer (Striking) Tommy D 8:00 am - 11:00am	Trainer (Striking) Tommy D 8:00 am - 11:00am	Trainer (Striking) Tommy D 8:00 am - 11:00am	Trainer (Striking) Tommy D 8:00 am - 11:00am	Trainer (Striking) Tommy 8:00 am - 11:00am	TUIFF Kids (7-12) 9:00am - 10am MMA	
					Boxing Bootcamp 9:00am-10:00am (call to schedule)	Boxing Bootcamp 9:00am-10:am (call to schedule)
Woman's Kickboxing 9:30am - 10:30am	Women's Kickboxing 9:30am - 10:30am	Women's Kickboxing 9:30am - 10:30am	Women's Kickboxing 9:30am - 10:30am	Women's Kickboxing 9:30am -10:30am	Tuff Kids (4-6) 10:00am - 10:45am MMA	Conditioning with Kelvin 10:00am - 11:00am
					Striking Advanced 11:00am-12:00pm	
After School Youth Boxing (8-13) 4:00pm - 5:00pm	After School Youth Boxing (8-13) 4:00pm - 5:00pm	After School Youth Boxing (8-13) 4:00pm - 5:00pm	After School Youth Boxing (8-13) 4:00pm - 5:00pm	After School Youth Boxing (8-13) 4:00pm - 5:00pm	Conditioning with Kelvin 12:30pm - 1:30pm	Gear & Go 12:00pm
Boxing 5:00 pm - 6:00pm	Boxing 5:00pm - 6:00pm	Boxing 5:00pm - 6:00 pm	Boxing 5:00pm - 6:00pm	Boxing 5:00pm - 6;00pm		
Wrestling Kids (8-12) 5:00pm - 6:00pm	TUFF Kids (4-6) 5:00pm - 5:45pm		TUFF Kids (4-6) 5:00pm - 5:45pm	Wrestling Kids (8-12) 5:00pm - 6:00pm		
Wrestling Adult 6:00pm - 7:00pm	TUFF Kids (7-12) 6:00pm - 7:00pm Striking	Boxing Bootcamp 6:00pm - 7:00pm	Tuff Kids (7-12) 6:00pm - 7:00pm Grappling	Wrestling Adult 6:00pm - 7:00pm		
Striking Beginners 7:00pm-8:00pm	Striking Advanced 7:00pm-8:00pm	Kickboxing 7:00pm - 8:00pm	MMA Takedowns 7:00pm-8:00pm	Kickboxing 7:00pm -8:00pm		
Sparring 8:00pm-9:00pm	BJJ 8:00pm-9:30pm	Striking Beginners 8:00pm - 9:00pm	BJJ 8:00pm-9:30pm	Rock the Roll 8:00pm - 9:00pm		
Women's Boximg 9:00pm - 10:00pm		MMA 9:00pm-10:00pm		Women's Boxing 9:00pm - 10:00pm		

*** Schedule time subject to change

- Please arrive 10 minutes before class so that classes may start on time
- Please keep cell phones on vibrate during class
- **ABSOLUTELY NO STREET SHOES ON MAT!! SOCKS OR (INDOOR) BOXING SHOES ONLY!!!**
- Clean uniforms are a must. Hygiene is very important, especially when grappling and BJJ
- Remove all jewelry before class