

# EAST WEST MMA CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						7:30-9:30am Ju Jitsu
					9:00-10:00am Fitness Kickboxing	9:00-10:00am Body Sculpt
	10:00-10:45am Combat Fitness		10:00-10:45am Combat Fitness			10:00-10:30am Lil Ninjas
	4:30-5:30pm Fitness Kickboxing			4:30-5:30pm Fitness Kickboxing		10:45-11:30am Combat Fitness
	5:30-6:00pm Flash Out Tricks and Kicks	5:30-6:00pm Lil Ninjas	5:30-6:00pm Leadership	5:30-6:00pm Lil Ninjas		11:30-12:30 Weapons
	6:00-7:00pm Warriors MMA	6:00-7:00pm Warriors MMA	6:00-7:00pm Warriors MMA	6:00-7:00pm Warriors MMA	6:00-7:00pm Friday Night at the Fights	12:30-2:30 S.T.O.R.M
	7:00-8:00pm Krav Maga	7:00-7:45pm Combat Fitness	7:00-8:00pm Fitness Kickboxing	7:00-7:45pm Combat Fitness	7:00-8:00pm Krav Maga	2:30-3:30 Adult Karate Sparring & Open Mat
	8:00-9:00pm Adult Karate Sparring & Open Mat	8:00-9:30pm Ju-Jitsu	8:00-9:00pm Krav Maga ===== 8:00-9:00pm Adult Open Mat/Sparring	8:00-9:00pm Ju Jitsu	8:00-9:00pm Adult Sparring & Open Mat	

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