

MASTER HUGHES

MIXED MARTIAL ARTS



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	KICKBOXING		KICKBOXING		KICKBOXING		
6:30	CROSSPIT		CROSSPIT		CROSSPIT		
7:00	KICKBOXING		KICKBOXING		KICKBOXING		
8:00	CROSSPIT	OPEN MAT: TAI CHI	CROSSPIT	OPEN MAT: TAI CHI	CROSSPIT	OPEN MAT: TAI CHI	
9:00 AM						TAI CHI QIGONG	
10:00 AM		SPORTS PERFORMANCE TRAINING		SPORTS PERFORMANCE TRAINING		KICKBOXING	
10:30 AM						CROSSPIT	
11:00 AM	OPEN PRACTICE					KUNG FU KICKING CLASS	
12:00 PM	KICKBOXING	BRAZILIAN JIU-JITSU	KICKBOXING	BRAZILIAN JIU-JITSU	KICKBOXING	BRAZILIAN JIU-JITSU	
12:30 PM	CROSSPIT		CROSSPIT		CROSSPIT		
1:00	OPEN PRACTICE					CERTIFIED INSTRUCTORS TRAINING	BOLT WRESTLING
2:00							
3:00							KORE BJJ COMPETITION TEAM TRAINING
4:30 PM	KID'S HAWAIIAN KEMPO 3	PIT PEE WEES	KID'S HAWAIIAN KEMPO 3	PIT PEE WEES			
5:15 PM	KID'S BRAZILIAN JIU-JITSU	KID'S HAWAIIAN KEMPO 1-2	KID'S BRAZILIAN JIU-JITSU	KID'S HAWAIIAN KEMPO 1-2	KID'S SUBMISSION GRAPPLING		
6:00 PM	KUNG FU FORMS	PIT-JITSU	KUNG FU TRAPPING HANDS	BRAZILIAN JIU-JITSU	FIGHT CLUB: MMA, KICKBOXING, BJJ, KUNG FU		
7:00 PM	KICKBOXING	KICKBOXING	KICKBOXING	KICKBOXING			
7:30 PM	CROSSPIT	CROSSPIT	CROSSPIT	CROSSPIT			
8:00 PM	HAWAIIAN KEMPO 2	HAWAIIAN KEMPO 3	HAWAIIAN KEMPO 2	HAWAIIAN KEMPO 3			