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 | | SPORTS | | SPORTS | | TAI CHI QIGONG | |
| 10:00 AM | | PERFORMANCE TRAINING | | PERFORMANCE TRAINING | | KICKBOXING | |
| 10:30 AM | | | | | | CROSSPIT | |
| 11:00 AM | OPEN PRACTICE | | | | | KUNG FU KICKING CLASS | |
| 12:00 PM | KICKBOXING | DDAZUJANI | KICKBOXING | | KICKBOXING | | |
| | | BRAZILIAN | | BRAZILIAN | | BRAZILIAN JIU-JITSU | |
| 12:30 PM | CROSSPIT | JIU-JITSU | CROSSPIT | BRAZILIAN JIU-JITSU | CROSSPIT | BRAZILIAN JIU-JITSU | |
| 12:30 PM 1:00 | CROSSPIT | | CROSSPIT | | CROSSPIT | | |
| | CROSSPIT | JIU-JITSU | CROSSPIT | USTIL-UIL | CROSSPIT | CERTIFIED INSTRUCTORS TRAINING | BOLT WRESTLING |
| 1:00 | CROSSPIT | JIU-JITSU | | USTIL-UIL | CROSSPIT | CERTIFIED INSTRUCTORS | KORE BJJ |
| 1:00 | CROSSPIT KID'S HAWAIIAN KEMPO 3 | JIU-JITSU | | USTIL-UIL | CROSSPIT | CERTIFIED INSTRUCTORS | |
| 1:00 2:00 3:00 | KID'S HAWAIIAN | ОРІ | EN PRACT | ли-лтsu | CROSSPIT KID'S SUBMISSION GRAPPLING | CERTIFIED INSTRUCTORS | KORE BJJ COMPETITION |
| 1:00 2:00 3:00 4:30 PM | KID'S HAWAIIAN KEMPO 3 KID'S BRAZILIAN | OPE PIT PEE WEES KID'S HAWAIIAN | EN PRACT KID'S HAWAIIAN KEMPO 3 KID'S BRAZILIAN | TICE PIT PEE WEES KID'S HAWAIIAN | KID'S SUBMISSION | CERTIFIED INSTRUCTORS | KORE BJJ COMPETITION |
| 1:00 2:00 3:00 4:30 PM 5:15 PM | KID'S HAWAIIAN KEMPO 3 KID'S BRAZILIAN JIU-JITSU | PIT PEE WEES KID'S HAWAIIAN KEMPO 1-2 | EN PRACT KID'S HAWAIIAN KEMPO 3 KID'S BRAZILIAN JIU-JITSU KUNG FU | PIT PEE WEES KID'S HAWAIIAN KEMPO 1-2 BRAZILIAN | KID'S SUBMISSION GRAPPLING FIGHT CLUB: MMA, KICKBOXING, | CERTIFIED INSTRUCTORS | KORE BJJ COMPETITION |
| 1:00 2:00 3:00 4:30 PM 5:15 PM | KID'S HAWAIIAN KEMPO 3 KID'S BRAZILIAN JIU-JITSU KUNG FU FORMS | PIT PEE WEES KID'S HAWAIIAN KEMPO 1-2 PIT-JITSU | EN PRACT KID'S HAWAIIAN KEMPO 3 KID'S BRAZILIAN JIU-JITSU KUNG FU TRAPPING HANDS | PIT PEE WEES KID'S HAWAIIAN KEMPO 1-2 BRAZILIAN JIU-JITSU | KID'S SUBMISSION GRAPPLING FIGHT CLUB: MMA, KICKBOXING, | CERTIFIED INSTRUCTORS | KORE BJJ COMPETITION |