

Class Schedule

MON.	TUE.	WED.	THURS.	FRI.	SAT.
9:00AM Boxing	Closed Until 3:30PM	9:00AM Boxing	Closed Until 3:30PM	9:00AM Boxing	9:00AM Boxing
Open Gym		Open Gym		Open Gym	10-10:45AM Youth Boxing
11:30AM Kickboxing		11:30AM Kickboxing		11:30AM Kickboxing	11:00AM Women's Kickboxing
Closed 12:30-3:30PM		Closed 12:30- 3:30PM		Closed 12:30- 3:30PM	12:30PM Boxing
3:45PM Youth Boxing	3:45PM Youth Boxing	3:45PM Youth Boxing	3:45PM Youth Boxing	3:45PM Youth Boxing	
4:30PM Boxing	4:30PM Boxing	4:30PM Boxing	4:30PM Boxing	4:30PM Boxing	
	4:30PM Youth Grappling	4:30PM Youth Grappling	4:30PM Youth Grappling	4:30PM Adult Beginner Grappling	
5:30PM Boxing	5:30PM Boxing	5:30PM Boxing	5:30PM Boxing	5:30PM Boxing	
5:30PM Jiu Jitsu w/Gi	5:30PM Jiu Jitsu no/Gi	5:30PM Jiu Jitsu w/Gi	5:30PM Jiu Jitsu no/Gi	5:30PM Sparring	
6:30PM Women's Kickboxing	6:30PM Women's Kickboxing	6:30PM Women's Kickboxing	6:30PM Women's Kickboxing		
6:30PM	6:30PM Maui Thai	6:30PM Maui Thai	6:30PM Maui Thai		
7:30PM Boxing	7:30PM Boxing	7:30PM Boxing	7:30PM Boxing		