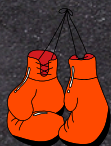




CLASS SCHEDULE



STRIKING

Kickboxing

6:30 AM & 7:30 PM

Mon, Wed and Fri

Muay Thai

9:00 AM

Saturday & Sunday

Boxing

6:30 AM Tue, Thu and Sat



MMA & BJJ

MMA

7:30 AM Mon, Wed and Fri

7:30 PM Tue, Thu and Sat

5:30 PM Sunday

MMA Teens

6:30 PM Mon, Wed and Fri

5:30 PM Tue and Thu

BJJ

6:30 PM Tue, Thu and Sat



Karate

Karate Full Contact

7:30 PM Mon, Wed and Fri

Karate Kids

5:30 PM Mon, Wed and Fri

10:00 AM Sat and Sun



Fitness

Elite Fitness

7:30 AM Tue and Thu

7:30 PM Mon to Fri

Kids Fitness

6:30 PM Tue and Thu