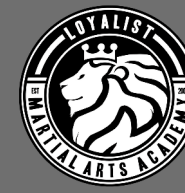




CLASS SCHEDULE

EFFECTIVE TUESDAY, SEPTEMBER 8



MONDAY

5:30 PM KIDS MUAY THAI
6:30 PM ADULT MUAY THAI CONDITIONING
6:30 PM ADULT BRAZILIAN JIU JITSU
7:15 PM ADULT BRAZILIAN JIU JITSU DRILLS
8:00 PM: COMPETITION TEAM DRILLING

10:00 AM WOMEN'S ONLY KICKBOXING
6:15 PM WOMEN'S ONLY KICKBOXING

THURSDAY

5:30 PM KIDS BRAZILIAN JIU JITSU
6:30 PM ADULT MUAY THAI FUNDAMENTALS
7:30 PM ADULT BRAZILIAN JIU JITSU
7:30 PM ADVANCED MUAY THAI
8:15 PM ADULT BRAZILIAN JIU JITSU DRILLS

6:15 PM WOMEN'S ONLY KICKBOXING

TUESDAY

5:30 PM KIDS BRAZILIAN JIU JITSU
6:30 PM ADULT MUAY THAI FUNDAMENTALS
7:30 PM ADULT BRAZILIAN JIU JITSU
7:30 PM ADVANCED MUAY THAI
8:15 PM ADULT BRAZILIAN JIU JITSU DRILLS

6:15 PM WOMEN'S ONLY KICKBOXING

FRIDAY

5:30 PM KIDS MUAY THAI
6:30 PM ADULT MUAY THAI (ALL LEVELS)
6:30 PM NO GI BRAZILIAN JIU JITSU
7:15 PM NO GI BRAZILIAN JIU JITSU DRILLS

10:00 AM WOMEN'S ONLY KICKBOXING

WEDNESDAY

5:30 PM KIDS MUAY THAI
6:30 PM KIDS BRAZILIAN JIU JITSU
7:30 PM ADULT MUAY THAI CONDITIONING
(ALL LEVELS)
7:30 PM ADULT BRAZILIAN JIU JITSU
8:15 PM ADULT BRAZILIAN JIU JITSU DRILLS

10:00 AM WOMEN'S ONLY KICKBOXING
6:15 PM WOMEN'S ONLY KICKBOXING

SATURDAY

10:00 AM KIDS BRAZILIAN JIU JITSU
11:00 AM ADULT MUAY THAI CONDITIONING
12:00 PM ADULT BRAZILIAN JIU JITSU
12:45 PM ADULT BRAZILIAN JIU JITSU DRILLS

10:00 AM WOMEN'S ONLY KICKBOXING

PLEASE ARRIVE READY FOR CLASS - NO EARLY ENTRY - ONLY ONE PARENT/GUARDIAN PER CHILD UNDER 18
NO SPECTATORS - PLEASE STAY HOME IF YOU ARE EXPERIENCING ANY COVID-19 LIKE SYMPTOM.