

Schedule

Kickboxing, Body Focus, Muay Thai, BJJ

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	Kickboxing		Kickboxing		Kickboxing	Kickboxing
9:30am		Brazilian Jiu-Jitsu		Brazilian Jiu-Jitsu		Kickboxing
10:00am	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
4:15pm	(Youth 7-12)		(Youth 7-12)			
4:45pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
5:45pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
5:45pm	(Youth 13-17)	(Youth 7-12)	(Youth 13-17)	(Youth 7-12)		
6:30pm	Muay Thai		Muay Thai			
7:00pm		Kickboxing	Kickboxing	Kickboxing		
7:00pm		Muay Thai		Muay Thai		
7:15pm	Brazilian Jiu-Jitsu		Brazilian Jiu-Jitsu			
7:45pm		Brazilian Jiu-Jitsu		Brazilian Jiu-Jitsu		

Body Focus

8:30am		Body Focus		Body Focus		
9:00am						Body Focus
5:00pm		Body Focus		Body Focus		
5:30pm	Body Focus		Body Focus			



901-386-2050

