



Schedule July 22-28

MONDAY

- 5:00 - 5:45 PM** Little Warriors
- 5:00 - 6:00 PM** Youth Muay Thai
- 5:00 - 6:00 PM** Striking / Sparring

- 6:00 - 7:00 PM** Adult Muay Thai
- 6:00 - 7:00 PM** Striking / Sparring

- 7:00 - 8:00 PM** Boxing (All Ages)
- 7:00 - 8:00 PM** Karate (Intermediate /Advanced)

TUESDAY

- 5:00 - 6:00 PM** -
- 6:00 - 7:00 PM** Karate (All Ages)

- 7:00 - 8:00 PM** BJJ (Youth)
- 7:00 - 8:00 PM** BJJ (Adult)

WEDNESDAY

- 5:00 - 5:45 PM** Little Warriors
- 5:00 - 6:00 PM** Youth Muay Thai
- 5:00 - 6:00 PM** Striking / Sparring

- 6:00 - 7:00 PM** Adult Muay Thai
- 6:00 - 7:00 PM** Striking / Sparring

- 7:00 - 8:00 PM** Boxing (All Ages)
- 7:00 - 8:00 PM** Karate (Intermediate /Advanced)

THURSDAY

- 5:00 - 6:00 PM** -
- 6:00 - 7:00 PM** Karate (All Ages)

- 7:00 - 8:00 PM** BJJ (Youth)
- 7:00 - 8:00 PM** BJJ (Adult)

FRIDAY

- 5:00 - 5:45 PM** Little Warriors
- 6:00 - 7:00 PM** MMA Fundamentals

- 7:00 - 8:00 PM** Muay Thai (All Ages)
- 7:00 - 8:00 PM** Striking / Sparring

SATURDAY

- 9:00 - 10:00 AM** Youth Muay Thai
- 10:00 - 11:00 AM** Adult Muay Thai

- 11:00 - 12:00 PM** Striking / Sparring
- 11:00 - 12:00 PM** Karate (All Ages)

- 12:00 - 1:00 PM** Boxing (All Ages)
- 12:00 - 1:00 PM** BJJ Fundamentals