



Schedule July 29 - August 4th

MONDAY

- 5:00 - 5:45 PM** Little Warriors
5:00 - 6:00 PM Youth Muay Thai
5:00 - 6:00 PM Striking / Sparring (Youth)
- 6:00 - 7:00 PM** Adult Muay Thai
6:00 - 7:00 PM Striking / Sparring (Adult)
- 7:00 - 8:00 PM** Boxing (All Ages)
7:00 - 8:00 PM Karate (Intermediate /Advanced)

TUESDAY

- 5:00 - 6:00 PM** Karate (Youth)
- 6:00 - 7:00 PM** Karate (All Ages)
- 7:00 - 8:00 PM** BJJ (Youth)
7:00 - 8:00 PM BJJ (Adult)
- 7:00 - 8:30 PM** Sparring (Point)

WEDNESDAY

- 5:00 - 5:45 PM** Little Warriors
5:00 - 6:00 PM Youth Muay Thai
5:00 - 6:00 PM Striking / Sparring (Youth)
- 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** Karate (Youth)
- 6:00 - 7:00 PM** Karate (All Ages)
- 7:00 - 8:00 PM** BJJ (Youth)
7:00 - 8:00 PM BJJ (Adult)
7:00 - 8:00 PM Karate (Intermediate /Advanced)

FRIDAY

Closed

SATURDAY

Closed

SUNDAY

Closed