



Schedule of Classes

Facility Hours

Monday - Friday: 6 AM-Noon and 4 PM - 8 PM

Saturday: 9 AM - Noon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness	
9:00 AM	Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness	Strength & Conditioning MMA Fitness
						BJJ Fundamentals Grappling
10:00 AM						Real World Self Defense MMA Fitness
						No Gi Jiu-Jitsu Grappling
11:00 AM	Brazilian Jiu-Jitsu Grappling	Kickboxing MMA Fitness	Brazilian Jiu-Jitsu Grappling	Kickboxing MMA Fitness	Open Mat Grappling	Kickboxing MMA Fitness
4:00 PM	Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness	
5:00 PM	Kickboxing Youth Program	Brazilian Jiu-Jitsu Youth Program	No Gi Jiu-Jitsu Youth Program	Brazilian Jiu-Jitsu Youth Program	Brazilian Jiu-Jitsu Lab Grappling	
5:30 PM				Real World Self Defense MMA Fitness		
6:00 PM	Brazilian Jiu-Jitsu Grappling	Kickboxing MMA Fitness	Brazilian Jiu-Jitsu Grappling	Kickboxing MMA Fitness	Sparring Class MMA Fitness	
		BJJ Fundamentals Grappling		BJJ Fundamentals Grappling		
7:00 PM	Kickboxing MMA Fitness	Brazilian Jiu-Jitsu Grappling	Kickboxing MMA Fitness	Brazilian Jiu-Jitsu Grappling		
	No Gi Jiu-Jitsu Grappling		No Gi Jiu-Jitsu Grappling			

Eff 1/13/2010

Remain in proper warm-up area
Never disturb a class in session
Quietly stretch and prepare for class
All jewelry must be removed prior to class

Clean uniform and hygiene habits are a must
All guests should remain in seating area
Children must remain in designated areas