

FightAndFitness24

Day / Weekly Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES							
8:30am to 9:30am						BJJ - Gi BRAZILIAN JIU JITSU All Levels 60min	
8:45am to 9:30am						WOMEN'S ONLY BOXING & FITNESS All Levels 45min	
9:45am to 10:30am	WOMEN'S ONLY BOXING & FITNESS All Levels 45min		WOMEN'S ONLY BOXING & FITNESS All Levels 45min		WOMEN'S ONLY BOXING & FITNESS All Levels 45min	S & C STRENGTH & CONDITIONING All Levels 45min	
10:45am to 11:30am							
LUNCH CLASSES							
12:10pm to 12:50pm	LUNCH BOXING All Levels 40min		LUNCH BOXING All Levels 40min		LUNCH BOXING All Levels 40min		
12:10pm to 12:50pm	BJJ - Gi BRAZILIAN JIU JITSU All Levels 40min	BJJ - Gi BRAZILIAN JIU JITSU All Levels 40min	BJJ - Gi BRAZILIAN JIU JITSU All Levels 40min	BJJ - Gi BRAZILIAN JIU JITSU All Levels 40min	OPEN MATS BJJ - Gi BRAZILIAN JIU JITSU Intermediate 40min		
YOUTH CLASSES							
4:00pm to 4:45pm	YOUTH BOXING All Levels 45min 11yrs - 16yrs	YOUTH - BJJ - Gi BRAZILAIN JIU JITSU All Levels 45min 11yrs - 16yrs	YOUTH BOXING All Levels 45min 11yrs - 16yrs	YOUTH - BJJ - Gi BRAZILAIN JIU JITSU All Levels 45min 11yrs - 16yrs			

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Evening / Weekly Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EVENING CLASSES						
4:45pm to 5:15pm							
5:15pm to 5:45pm					BOX HITT Interval Training All Levels 30min		
5:15pm to 6:00pm	S & C STRENGTH & CONDITIONING All Levels 45min	BOXING SPARRING Intermediate 45min	S & C STRENGTH & CONDITIONING All Levels 45min	WOMEN'S ONLY BOXING & FITNESS All Levels 45min			
5:30pm to 6:45pm					OPEN MATS BJJ - Gi BRAZILIAN JIU JITSU Intermediate 75min		
6:00pm to 6:45pm					BOXING All Levels 45min		
6:00pm to 7:00pm	BJJ - Gi BRAZILIAN JIU JITSU All Levels 60min	BASICS BJJ - Gi BRAZILIAN JIU JITSU All Levels 60min	BJJ - Gi BRAZILIAN JIU JITSU All Levels 60min	BJJ - Gi BRAZILIAN JIU JITSU All Levels 60min			
6:15pm to 7:00pm	BOXING BASICS All Levels 45min	BOXING SKILLS All Levels 45min	BOXING All Levels 45min	BOXING All Levels 45min			
7:00pm to 8:00pm	GRAPPLING No - Gi Intermediate 60min		OPEN MATS GRAPPLING No - Gi Intermediate 60min				