

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**MORNING CLASSES**

					9:30 - 10:15AM BOX CONDITION MILLIE

**LUNCH CLASSES**

12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU OPEN MATS	

**YOUTH CLASSES**

4:00 - 4:45PM YOUTH BOXING ALL LEVELS	4:00 - 4:45PM YOUTH JIU JITSU BASICS	4:00 - 4:45PM YOUTH BOXING ALL LEVELS	4:00 - 4:45PM YOUTH JIU JITSU INTERMEDIATE		

**NIGHT CLASSES**

5:00 - 5:45PM STRENGTH & CONDITIONING	5:00 - 5:45PM FIGHTERS ONLY BY INVITE ONLY	5:00 - 5:45PM STRENGTH & CONDITIONING	5:00 - 5:45PM SPARRING INTERMEDIATE	5:00 - 5:45PM BOX ALL LEVELS (ZSANA)	
6:00 - 6:45PM BOX ALL LEVELS (ZSANA)	6:00 - 6:45PM BOX SKILLS (RYAN)	6:00 - 6:45PM BOX BASICS (CHERINE)	6:00 - 6:45PM BOX CONDITION (MILLIE)		
6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU BASICS	6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU OPEN MATS	
7:00 - 8:00PM GRAPPLING INTERMEDIATE	7:00 - 8:00PM MMA INTERMEDIATE				

**OPERATING HOURS**

MONDAY - THURSDAY

OPEN/RECEPTION HOURS: 12:00PM - 7:00PM

FRIDAY

OPEN/RECEPTION HOURS: 12:00PM - 6:00PM

SATURDAY & SUNDAY

NO RECEPTION AVAILABLE IN THE WEEKENDS: Unlimited 24/7 Gym Members Only For Weekend Classes & Gym

NOTE: CLOSED FOR ALL PUBLIC HOLIDAYS - 24/7 Gym Available For Unlimited Members Only