

Time Table (Day)

Time Table (Day)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am 9:15am						Strength & Conditioning (S&C)
9:30am 10:15am	Women's Only Boxing & Fitness All Levels		Women's Only Boxing & Fitness All Levels		Women's Only Boxing & Fitness All Levels	Women's Only Boxing & Fitness All Levels
12:10pm 12:50pm	Lunch Express Boxing All Levels	Lunch Express Boxing All Levels	Lunch Express Boxing All Levels	Lunch Express Boxing All Levels	Lunch Express Boxing All Levels	
12:10pm 12:50pm	Gracie Jiu Jitsu BJJ Express All Levels	Gracie Jiu Jitsu BJJ Express All Levels	Gracie Jiu Jitsu BJJ Express All Levels	Gracie Jiu Jitsu BJJ Express All Levels	Gracie Jiu Jitsu BJJ Express Open Mats	
4:00pm 4:45pm	Youth Boxing All Levels		Youth Boxing All Levels			
4:45pm 5:15pm			Youth Boxing Sparring			
4:45pm 5:30pm	Youth Gracie Jiu Jitsu BJJ - All Levels		Youth Gracie Jiu Jitsu BJJ - All Levels			

Time Table (Evening)

Time Table (Evening)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15pm 6:00pm		Strength & Conditioning (S&C)		Strength & Conditioning (S&C)	
5:30pm 6:15pm	Boxing All Levels		Boxing All Levels		Boxing All Levels
5:30pm 6:30pm	Gracie Jiu Jitsu BJJ - All Levels		Gracie Jiu Jitsu BJJ - All Levels		
5:30pm 6:45pm					Gracie Jiu Jitsu BJJ - Open Mats
6:15pm 7:00pm		Boxing Basics		Boxing All Levels	
6:00pm 7:00pm		Gracie Jiu Jitsu BJJ - All Levels		Gracie Jiu Jitsu BJJ - Basics	
6:20pm 7:00pm	Boxing Sparring All Levels		Boxing Sparring All Levels		
6:30pm 7:30pm	Grappling No Gi - BJJ All Levels		Grappling No Gi - BJJ All Levels		