

# CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am						Strength & Conditioning
10 am						Foundations
5 pm	Open Gym		Open Gym		Open Gym	
6 pm	Foundations	Strength & Conditioning	Foundations	Fighter Rounds	Foundations	
7 pm	Comprehensive Boxing	Comprehensive Clinch	Comprehensive Sparring	Comprehensive Clinch	Comprehensive Sparring	

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