



## SCHEDULE

### Sunday

- 11:00 AM Kickboxing
- 12:00 PM Open Mat\*

### Monday

- 4:10 PM Ninja K.I.D.S (ages 6 - 12)
- 5:00 PM Kickboxing
- 6:00 PM CombatFIT
- 6:00 PM Submission Grappling
- 7:00 PM Kickboxing
- 8:00 PM Stick & Knife\*

### Tuesday

- 7:30 PM Kickboxing
- 8:30 PM Mixed Martial Arts\*

### Wednesday

- 4:10 PM Ninja K.I.D.S. (ages 6 - 12)
- 5:00 PM Kickboxing
- 6:00 PM CombatFIT
- 6:00 PM Submission Grappling
- 7:00 PM Kickboxing
- 8:00 PM Sparring & Sparring Techniques\*

### Thursday

- 7:30 PM Kickboxing
- 8:30 PM Mixed Martial Arts\*

### Friday

- 5:00 PM Kickboxing
- 6:00 PM Submission Grappling
- 7:00 PM Kickboxing
- 8:00 PM Stick & Knife\*

### Saturday

- 9:00 AM Ninja K.I.D.S. (ages 6 - 12)
- 9:00 AM CombatFIT
- 10:00 AM Kickboxing
- 11:00 AM Submission Grappling

*Monthly or prepaid membership required for classes marked with an \**