



Schedule

Sunday

11:00 AM Kickboxing

12:00 PM Open Mat*

Monday

6:15 AM Kickboxing

7:15 AM CombatFIT

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

6:15 AM Kickboxing

7:15 AM CombatFIT

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 CombatFIT

10:00 AM Kickboxing

11:00 AM Submission Grappling

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