



## **G.I.R.L.S. GYM** **SCHEDULE**

### **Sunday**

11:00 AM Kickboxing  
12:00 PM Mixed Martial Arts

### **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**

7:15 AM Kickboxing  
11:00 AM Kickboxing  
12:00 PM Submission Grappling  
5:30 PM Kickboxing  
6:00 PM CombatFIT  
6:30 PM Submission Grappling  
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 Kickboxing

### **Thursday**

7:15 AM Kickboxing  
11:00 AM Kickboxing  
12:00 PM Submission Grappling  
5:30 PM Kickboxing  
6:00 PM CombatFIT  
6:30 PM Submission Grappling  
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

### **Self Defense Classes:**

2nd Saturday of the month  
12:30 PM - 3:00 PM  
4th Sunday of the month  
3:00 PM - 5:30 PM

*Check our schedule online at:  
[www.mygirlsgym.com](http://www.mygirlsgym.com)*