



Adult / Teen Class Schedule

HOURS OF OPERATION

6a - 7a (Boot Camp M/W/F)

9a - 8p (Mon - Thu)

9a - 4p (Fri) | 9a - 2p (Sat)

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am - 7am	MAT AREA 1	BOOT CAMP All Levels		BOOT CAMP All Levels		BOOT CAMP All Levels	
6am - 7am	MAT AREA 2	GI JIU JITSU All Levels		GI JIU JITSU All Levels		NO GI JIU JITSU All Levels	
8am - 9am	MAT AREA 2		GI JIU JITSU All Levels		GI JIU JITSU All Levels		
9am -10am	MAT AREA 1	KICKBOXING All Levels	KICKBOXING All Levels	KICKBOXING All Levels	KICKBOXING All Levels	KICKBOXING All Levels	KICKBOXING All Levels
9am -10am	MAT AREA 2					PRO/AM TEAM PRACTICE * Invite Required	JIU JITSU OPEN MAT All Levels
10am - 11am	MAT AREA 1					NO GI JIU JITSU All Levels	BOXING All Levels
10am - 11:15am	MAT AREA 2	GI JIU JITSU All Levels	PRO/AM TEAM PRACTICE * Invite Required	GI JIU JITSU All Levels	PRO/AM TEAM PRACTICE * Invite Required	PRO/AM TEAM PRACTICE * Invite Required	
10am - 11am	XC FIT AREA		CROSS TRAINING All Levels		CROSS TRAINING All Levels		CROSS TRAINING All Levels
10:30 - 12pm	MAT AREA 2						FIGHT FUNCTIONAL JIU JITSU All Levels
11am - 12pm	MAT AREA 2	MMA All Levels	PRO/AM TEAM PRACTICE * Invite Required	MMA All Levels	PRO/AM TEAM PRACTICE * Invite Required	MMA All Levels	MMA All Levels
11am - 12pm	UPSTAIRS	PRO/AM TEAM PRACTICE * Invite Required				PRO/AM TEAM PRACTICE * Invite Required	
12pm - 1pm	MAT AREA 1	CARDIO KICKBOXING All Levels	CARDIO KICKBOXING All Levels	CARDIO KICKBOXING All Levels	CARDIO KICKBOXING All Levels	CARDIO KICKBOXING All Levels	CARDIO KICKBOXING All Levels
12pm - 1pm	MAT AREA 2						KIDS NO GI JIU JITSU Beginners
1pm - 2pm	MAT AREA 1						KIDS BANG MUAY THAI Beginners
3:30pm - 4:30pm	MAT AREA 2	PRO/AM TEAM PRACTICE * Invite Required	PRO/AM TEAM PRACTICE * Invite Required	PRO/AM TEAM PRACTICE * Invite Required	PRO/AM TEAM PRACTICE * Invite Required		
4:30pm - 5pm	UPSTAIRS		MINIS JIU JITSU Ages 4-7		MINIS JIU JITSU Ages 4-7		
4pm - 5pm	UPSTAIRS	WRESTLING FUNDAMENTALS Beginners					
5pm - 6pm	UPSTAIRS	WRESTLING All Levels	WRESTLING All Levels	WRESTLING All Levels	WRESTLING All Levels		
5pm - 6pm	MAT AREA 1	KICKBOXING All Levels	KICKBOXING All Levels	KICKBOXING All Levels	KICKBOXING All Levels		
5pm - 6pm	MAT AREA 2	KIDS GI JIU JITSU Beginners	KIDS GI JIU JITSU Beginners	KIDS GI JIU JITSU Beginners	KIDS NO GI JIU JITSU Beginners		
6pm - 7pm	MAT AREA 1	KIDS CROSS TRAINING Beginners	KIDS BANG MUAY THAI Beginners	KIDS CROSS TRAINING Beginners	KIDS BANG MUAY THAI Beginners		
6pm - 7pm	MAT AREA 2	GI JIU JITSU All Levels	NO GI JIU JITSU All Levels	GI JIU JITSU All Levels	NO GI JIU JITSU All Levels		
6pm - 7pm	MAT AREA 2B	GI JIU JITSU Beginners	NO GI JIU JITSU Beginners	GI JIU JITSU Beginners	NO GI JIU JITSU Beginners		
6pm - 7pm	XC FIT AREA	CROSS TRAINING All Levels	CROSS TRAINING All Levels	CROSS TRAINING All Levels	CROSS TRAINING All Levels		
7pm - 8pm	MAT AREA 1	BOXING All Levels		BOXING All Levels			
7pm - 8pm	MAT AREA 2	MMA All Levels	AMATEUR TEAM * Invite Required	MMA All Levels	AMATEUR TEAM * Invite Required		

All KICKBOXING CLASSES REQUIRE RANKED BMT OR WHITE SHIRTS TO ATTEND.

* **Must** have prior approval from coaches to attend these classes

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