

	Mon	Tues	Wen	Thurs	Fri	Sat	Sun
10am	Personal Training	Personal Training		Personal training	Personal training		
11am	P/T	P/T		P/T	P/T	MMA fitness Co-ed,kids	Womens Only Cardio
12pm	P/T	P/T		P/T	P/T		
1pm	P/T	P/T		P/T	P/T		
2pm	P/T	P/T		P/T	P/T		
3pm	P/T	P/T		P/T	P/T		
4pm	Reserved	For	Group	Classes	-----		
5pm	Kids MMA		Kids MMA		Kids MMA		
6pm	Muay Thai Begginers Coed	Womens Cardio kick Boxing	Muay Thai Begginers Coed	Womans Cardio kick Boxing	Muay Thai Begginers Coed		
7pm	Muay Thai Fitness Coed	Womans Muay Thai Fitness	Muay Thai Fitness Coed	Womans Muay Thai Fitness	Muay Thai Fitness Coed		
8pm	Fighters Only	Submission Westling	Westling With Adrian wooley	Boxing with Will Romero	Fighters Only		
9pm							

