



CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 AM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai		<p>OPEN GYM 1pm-4pm for all Members</p>
9:00-10:00 AM						FITSMART	
10:00-11:00 AM	FITSMART	FITSMART	FITSMART	FITSMART	FITSMART		
10:00-11:00 AM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	MMA	
11:00-12:00 AM		Brazilian Jiu Jitsu		Brazilian Jiu Jitsu			
12:00-1:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
5:00-5:50 PM	FitSmart TurboFit	FitSmart TurboFit	FitSmart TurboFit	FitSmart TurboFit	FitSmart TurboFit		
5:00-5:50 PM	Kids Jiu Jitsu	Kids Muay Thai	Kids Jiu Jitsu	Kids Muay Thai	Kids MMA		
6:00-7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai		GYM CLOSED	
6:00-7:00 PM	FITSMART	Muay Thai Fit	FITSMART	Muay Thai Fit	FITSMART		
6:00-7:00 PM	No Gi BJJ		No Gi BJJ		BJJ Gi or No Gi		
7:00-8:00 PM	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	SPARRING		
7:00-8:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	MMA		
8:00-9:00 PM	FITSMART	FITSMART	FITSMART	FITSMART	FITSMART		

- Brazilian Jiu-Jitsu** BJJ is a Martial Art, Combat Sport and Self Defense System that specializes on ground fighting and submission grappling.
- Muay Thai** Muay Thai is a combat sport of Thailand that utilizes stand up striking with use of elbows, knees, punches and kicks.
- FITSMART** FitSmart is a nationally recognized fitness program developed by Fitness Experts and designed to burn fat and boost your metabolism with workouts and meal plans
- Private Session** Improve your technique with Private Training with one of our Master Instructors. See the front desk for details.