



# Fall 2017

## Schedule Effective Sept 5<sup>th</sup>



# YOUTH PROGRAMS SCHEDULE

YOUTH PROGRAMS	MON	TUES	WED	THURS	FRI	SAT	SUN
LIL DRAGONS (4-5 y/o)		4:00-4:45PM		4:00-4:45 PM		9:00-9:45 AM	
GOLDEN EAGLES (5-7 y/o)	4:00-4:45 PM	4:45-5:30 PM	4:00-4:45 PM	4:45-5:30 PM	4:00-4:45 PM	9:45-10:30 AM	
SUPER SAMURAI (7-9 y/o)	4:45-5:30 PM	5:30-6:15 PM	4:45-5:30 PM	5:30-6:15 PM	4:45-5:30 PM	10:30-11:15 AM	
TEEN / SHOGUNS (10-13 y/o)	4:45-5:30 PM	5:30-6:15 PM	4:45-5:30 PM	5:30-6:15 PM	4:45-5:30 PM	10:30-11:15 AM	
KIDS MMA (7-13 y/o)		6:15-7:00 PM	5:30-6:15 PM	6:15-7:00 PM			
KIDS MUAY THAI (7-13 y/o)	5:30-6:15 PM				5:30-6:15 PM	11:15-12:00 PM	
YOUTH BJJ (7-13 y/o)	6:15-7:00 PM		6:15-7:00 PM			11:30-1:00 PM	

# ADULT PROGRAMS SCHEDULE

ADULT PROGRAMS	MON	TUES	WED	THURS	FRI	SAT	SUN
FIGHT FIT CONDITIONING	12-1:00 PM 6:00-7:00 PM	10-11:00 AM 6:00-7:00 PM	12-1:00 PM 6:00-7:00 PM	10-11:00 AM 6:00-7:00 PM	12-1:00 PM 6:00-7:00 PM	8:00-9:00 AM	10-11 AM
FLEX FIT STRETCHING	7:15-7:45 PM		7:15-7:45 PM		7:15-7:45 PM		
YOGA		9:00-10:00 AM		9:00-10:00 AM			
iCAT SELF DEFENSE / SCJ		7:00-8:00 PM		7:00-8:00 PM		10:30-11:30AM	
MMA		8:00-9:00 PM		8:00-9:00 PM			
MMA TEAM TRAINING		11 AM-12 PM	11 AM-12 PM	11 AM-12 PM			
BRAZILIAN JIU-JITSU	8:00-9:30 PM		8:00-9:30 PM		8:00-9:00 PM	11:30-1:00 PM	
NO GI GRAPPLING		12-1:00PM 7PM-8PM		12-1:00PM 7PM-8PM			
MUAY THAI	7:00-8:00 PM		7:00-8:00 PM				

