



Summer 2017

Schedule Effective July 6th – Sept 1st

YOUTH PROGRAMS SCHEDULE

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

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
SMALL CIRCLE JUJITSU /iCAT		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		11:00 AM	11:00 AM				
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				

