



Defensive Edge Martial Arts

FightFIT Gym

Winter 2018 Schedule



YOUTH PROGRAMS SCHEDULE

| YOUTH PROGRAMS | MON | TUES | WED | THURS | FRI | SAT | SUN |
|--|--------------|--------------|--------------|--------------|--------------|----------------|-----|
| LIL DRAGONS (4-5 y/o) | | 4:00-4:45 PM | | 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 | |
| ADVANCED YOUTH TRAINING (PURPLE/GREEN BELT AND ABOVE) | 6:15-7:00 PM | | 6:15-7:00 PM | | 5:30-6:15 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 | 6:00-7:00 PM | 12-1:00 PM 6:00-7:00 PM | 6:00-7:00 PM | 12-1:00 PM | 8:00-9:00 AM | 10-11 AM |
| iCAT SELF DEFENSE / SCJ | | 7:00-8:00 PM | | 7:00-8:00 PM | | 10:30-11:30AM | |
| MMA | | 11 AM-12 PM 8:00-9:15 PM | | 8:00-9:15 PM | | 10:30-11:30AM | |
| BRAZILIAN JIU-JITSU | 8:00-9:00 PM | | 8:00-9:00 PM | | 8:00-9:00 PM | 11:30-1:00 PM | |
| NO GI GRAPPLING | | 12-1:00 PM 7:00-8 PM | | 12-1:00 PM 7:00-8 PM | | | |
| MUAY THAI | 7:00-8:00 PM | | 7:00-8:00 PM | | | | |

