



Summer 2018

Schedule Effective July 9th – Sept 3rd

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	10:30-11:15AM	10:30-11:15AM	
TEEN / SHOGUNS (10-13)	4:45-5:30 PM	5:30-6:15 PM	10:30-11:15 AM	5:30-6:15 PM	10:30-11:15AM	10:30-11:15AM	
YOUTH MMA (7-13 y/o)		6:15-7:00 PM	11:15-12:00 PM	6:15-7:00 PM			
YOUTH KICKBOXING (7-13)	5:30-6:15 PM		11:15-12:00 PM		11:15-12:00PM	11:15-12:00PM	
ADVANCED YOUTH TRAINING	6:15-7:00 PM						
YOUTH BJJ (7-13)		1:00-1:45 PM		1:00-1:45 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
REALITY SELF DEFENSE MMA		7:00-8:00 PM 11 AM-12:00 PM 7:00-8:00 PM		7:00-8:00 PM 7:00-8:00 PM		10:30-11:30AM	
BRAZILIAN JIU-JITSU	8:00-9:00 PM	8:00-9:00 PM	8:00-9:00 PM	8:00-9:00 PM	8:00-9:00 PM	11:30-1:00 PM	
NO GI GRAPPLING MUAY THAI		12:00-1:00PM		12:00-1:00PM			
	7:00-8:00 PM		7:00-8:00 PM				

