



CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
	Boxing <i>Bags & Conditioning</i> 6-7AM		Boxing <i>Bags & Conditioning</i> 6-7AM			
Boxing <i>Skills/Tech Sparring</i> 9-10AM		Boxing <i>Skills/Tech Sparring</i> 9-10AM		Boxing <i>Skills/Tech Sparring</i> 9-10AM	Boxing <i>Bags & Conditioning</i> 9-10AM	
	Muay Thai <i>Bags/Conditioning</i> 12-1PM				Muay Thai <i>Skills/Tech Sparring</i> 10-11AM	Boxing, Muay Thai & MMA Sparring 10-11AM
Youth Boxing 3:45-4:30PM		Youth Boxing 3:45-4:30PM				
Muay Thai <i>Skills/Tech Sparring</i> 4:30-5:30PM	No Gi Jiu Jitsu <i>Fundamentals</i> 4:30-5:30PM	Muay Thai <i>Skills/Tech Sparring</i> 4:30-5:30PM	No Gi Jiu Jitsu <i>Fundamentals</i> 4:30-5:30PM			
Boxing <i>Bags & Conditioning</i> 5:30-6:30PM	Boxing <i>Skills/Tech Sparring</i> 5:30-6:30PM	Boxing <i>Bags & Conditioning</i> 5:30-6:30PM	Boxing <i>Skills/Tech Sparring</i> 5:30-6:30PM	Boxing <i>Bags & Conditioning</i> 5:30-6:30PM		
Muay Thai <i>Bags & Conditioning</i> 6:30-7:30PM	Muay Thai <i>Skills/Tech Sparring</i> 6:30-7:30PM	Muay Thai <i>Bags & Conditioning</i> 6:30-7:30PM	Muay Thai <i>Skills/Tech Sparring</i> 6:30-7:30PM	Boxing, Muay Thai & MMA Sparring 6:30-7:30PM		
Boxing <i>Skills/Tech Sparring</i> 7:30-8:30PM	Boxing <i>Bags & Conditioning</i> 7:30-8:30PM	Boxing <i>Skills/Tech Sparring</i> 7:30-8:30PM	Boxing <i>Bags & Conditioning</i> 7:30-8:30PM			



PRIVATE TRAINING HOURS

MON	TUE	WED	THU	FRI	SAT	SUN
Coach Elias <i>Boxing/Muay Thai</i> 6AM-9AM	Coach Trevor <i>Muay Thai</i> 9AM -12PM	Coach Elias <i>Boxing/Muay Thai</i> 6AM-9AM	Coach Elias <i>Boxing/Muay Thai</i> 7AM-9AM	Coach Elias <i>Boxing/Muay Thai</i> 6AM-9AM	Coach Carlos <i>Boxing</i> 7AM-9 AM	Coach Carlos <i>Boxing</i> 7AM-10 AM
Coach Jarrod <i>Muay Thai</i> 1PM -4PM	Coach Jarrod <i>Muay Thai</i> 2PM -4PM	Coach Jarrod <i>Muay Thai</i> 1PM -4PM	Coach Jarrod <i>Muay Thai</i> 1PM -4PM	Coach Jarrod <i>Muay Thai</i> 1PM -4PM	Coach Sean <i>Boxing</i> 11AM-9:30PM	Coach Trevor <i>Muay Thai</i> 11AM -2 PM
				Coach Elias <i>Boxing/Muay Thai</i> 4:30-5:30PM		
Coach Sean <i>Boxing</i> 8:30-9:30PM	Coach Sean <i>Boxing</i> 8:30-9:30PM	Coach Sean <i>Boxing</i> 8:30-9:30PM	Coach Carlos <i>Boxing</i> 8:30-9:30PM	Coach Sean <i>Boxing</i> 8:30-9:30PM		Coach Sean <i>Boxing</i> 11AM - 9:30PM