

GALLOS

BOXING MUAY THAI MMA

CLASS SCHEDULE 8/24 - 8/30

MON	TUE	WED	THU	FRI	SAT	SUN
	Boxing/Muay Thai Bags & Conditioning 6-7AM		Boxing/Muay Thai Bags & Conditioning 6-7AM		Boxing/Muay Thai Coach Jarrod 10-11AM	Boxing, Muay Thai & MMA Sparring 10-11AM
Boxing Skills/Tech Sparring 9-10AM		Boxing Skills/Tech Sparring 9-10AM		Boxing Skills/Tech Sparring 9-10AM		
Boxing Skills/Tech Sparring 4:30-5:30PM	No Gi Jiu Jitsu Fundamentals 4:30-5:30PM	Boxing Skills/Tech Sparring 4:30-5:30PM	No Gi Jiu Jitsu Fundamentals 4:30-5:30PM			
Boxing Skills/Tech Sparring 5:30-6:30PM	Muay Thai Skills/Tech Sparring 5:30-6:30PM	Boxing Coach Sean 5:30-6:30PM	Muay Thai Coach Jarrod 5:30-6:30PM	Boxing Coach Ivan 5:30-6:30PM		
Muay Thai Bags & Conditioning 6:30-7:30PM	Boxing Bags & Conditioning 6:30-7:30PM	Muay Thai Coach Trevor 6:30-7:30PM	Boxing Coach Sean 6:30-7:30PM	Boxing, Muay Thai & MMA Sparring 6:30-7:30PM		
Boxing Skills/Tech Sparring 7:30-8:30PM	Boxing Bags & Conditioning 7:30-8:30PM	Boxing Coach Carlos 7:30-8:30PM	Boxing Coach Carlos 7:30-8:30PM			

GALLOS

BOXING MUAY THAI MMA

CLASS SCHEDULE 8/31 - 9/6

MON	TUE	WED	THU	FRI	SAT	SUN
	Boxing/Muay Thai <i>Bags & Conditioning</i> 6-7AM		Boxing/Muay Thai <i>Bags & Conditioning</i> 6-7AM		Boxing/Muay Thai <i>Bags & Conditioning</i> 10-11AM	Boxing, Muay Thai & MMA Sparring 10-11AM
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>Skills/Tech Sparring</i> 4:30-5:30PM	No Gi Jiu Jitsu <i>Fundamentals</i> 4:30-5:30PM	Boxing <i>Skills/Tech Sparring</i> 4:30-5:30PM	No Gi Jiu Jitsu <i>Fundamentals</i> 4:30-5:30PM			
Boxing <i>Coach Sean</i> 5:30-6:30PM	Muay Thai <i>Coach Jarrod</i> 5:30-6:30PM	Boxing <i>Skills/Tech Sparring</i> 5:30-6:30PM	Muay Thai <i>Skills/Tech Sparring</i> 5:30-6:30PM	Boxing <i>Bags & Conditioning</i> 5:30-6:30PM		
Muay Thai <i>Coach Trevor</i> 6:30-7:30PM	Boxing <i>Coach Sean</i> 6:30-7:30PM	Muay Thai <i>Bags & Conditioning</i> 6:30-7:30PM	Boxing <i>Bags & Conditioning</i> 6:30-7:30PM	Boxing, Muay Thai & MMA Sparring 6:30-7:30PM		
Boxing <i>Coach Carlos</i> 7:30-8:30PM	Boxing <i>Coach Carlos</i> 7:30-8:30PM	Boxing <i>Skills/Tech Sparring</i> 7:30-8:30PM	Boxing <i>Bags & Conditioning</i> 7:30-8:30PM			