

CLASS SCHEDULE

GALLOS

BOXING MUAY THAI MMA

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> 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		
Kids 10-13 Boxing 4:45-5:30PM	No Gi Jiu Jitsu <i>Fundamentals</i> 4:30-5:30PM	Kids 10-13 Boxing 4:45-5:30PM	No Gi Jiu Jitsu <i>Fundamentals</i> 4:30-5:30PM	Kids 10-13 Boxing 4:45-5:30PM		
Boxing <i>Skills/Tech Sparring</i> 5:30-6:30PM	Muay Thai <i>Skills/Tech Sparring</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>Bags & Conditioning</i> 6:30-7:30PM	Boxing <i>Bags & Conditioning</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>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			