

CLASS SCHEDULE

GALLOS

BOXING MUAY THAI MMA

MON	TUE	WED	THU	FRI	SAT
Boxing Bootcamp 6-7AM Coach Elias		Boxing Bootcamp 6-7AM Coach Elias		Boxing Bootcamp 6-7AM Coach Elias	Boxing Bootcamp 8-9AM Coach Elias
Kickboxing 9-10AM Coach Jarrod		Muay Thai 9-10AM Coach Trevor		Muay Thai 9-10AM Coach Trevor	Boxing 9-10AM Coach Elias
MMA Grappling 10-11AM Coach Michael		MMA Grappling 10-11AM Coach Michael			Muay Thai 10-11AM Coach Trevor
Kids 8-12 Boxing 4:45-5:30PM Coach Elias	Kids 8-12 Muay Thai 4:45-5:30PM Coach Elias	Kids 8-12 Boxing 4:45-5:30PM Coach Elias	Kids 8-12 Muay Thai 4:45-5:30PM Coach Elias		
Boxing 5:30-6:30PM Coach Elias	Muay Thai 5:30-6:30PM Coach Elias	Boxing 5:30-6:30PM Coach Elias	Muay Thai 5:30-6:30PM Coach Elias	Boxing 5:30-6:30PM Coach Elias	
MMA Grappling 6:30-7:30PM Coach Michael	MMA Striking 6:30-7:30PM Coach Elias	MMA Grappling 6:30-7:30PM Coach Michael	MMA Grappling 6:30-7:30PM Coach Michael		
Muay Thai 7:30-8:30PM Coach Trevor	Boxing 7:30-8:30PM Coach Elias	Muay Thai 7:30-8:30PM Coach Elias	Boxing 7:30-8:30PM Coach Elias		

Sparring for Boxing, Kickboxing, and MMA is available for experienced fighters.
Talk to Coach E to see if you're ready to jump in.