

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	10:00 AM	10:00 AM
Fit Lean / Fit Strong	Rise & Shine	Fit Lean / Fit Strong	Rise & Shine	Fit Lean / Fit Strong	BJJ Competition Class	Kobudo
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	Powerlifting	
Fit Lean / Fit Strong		Fit Lean / Fit Strong		Fit Lean / Fit Strong	11:00 AM	
Kickboxing	Boxing	Kickboxing	Boxing		Boxing	
1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM	12:00 PM	
Combat Fit	BJJ	Combat Fit	BJJ		Capoeira Mixed	
5.30pm	5.30pm	5.30pm	5.30pm	5.30pm		
BJJ Skills and Drills	Capoeira Beginners	BJJ Skills and Drills	Capoeira Beginners	BJJ Skills and Drills		
Boxing Beginners		Boxing Beginners		Boxing Beginners		
Fit Lean / Fit Strong	Olympic Lifting	Fit Lean / Fit Strong	Olympic Lifting	Fit Lean / Fit Strong		
6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM		
BJJ Fundamentals	Submission Grappling	BJJ Fundamentals	Submission Grappling	BJJ Fundamentals		
6.30pm	6.30pm	6.30pm	6.30pm	6.30pm		
Fit Lean / Fit Strong	Olympic Lifting	Fit Lean / Fit Strong	Olympic Lifting	Fit Lean / Fit Strong		
Boxing Advanced	Capoeira Advanced	Boxing Advanced	Capoeira Advanced	Boxing Advanced		
7:00 PM	7:00 PM	7:00 PM	7:00 PM	7:00 PM		
BJJ Sparring	MMA	BJJ Sparring	MMA			
7.30pm		7.30pm		7.30pm		
Kickboxing		Kickboxing		Kickboxing		
		8:00 PM				
		Kobudo				