

Undisputed Fitness and Training Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boxing 6:30 - 7:30 AM		Boxing 6:30 - 7:30 AM		Boxing 6:30 - 7:30 AM		
Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM	Boxing 9:00 - 10:00 AM		
Gi Jiu Jitsu 10:30 - 11:30 AM	Gi Jiu Jitsu 10:30 - 11:30 AM	No Gi Jiu Jitsu 10:30 - 11:30 AM	Gi Jiu Jitsu 10:30 - 11:30 AM	Jiu Jitsu Open Mat 10:30 - 11:30 AM	Kinder Jiu Jitsu 9:15 - 10:00 AM	
Kickboxing 10:30 - 11:30 AM	Kickboxing 10:30 - 11:30 AM	Kickboxing 10:30 - 11:30 AM	Kickboxing 10:30 - 11:30 AM	Kickboxing 10:30 - 11:30 AM	Flow Yoga 10:00 - 11:00 AM	Flow Yoga 10:00 - 11:00 AM
Boxing 12:15 - 1:15 PM	*Team Conditioning 12:00 - 1:00 PM	Boxing 12:15 - 1:15 PM	*Team Conditioning 12:00 - 1:00 PM	Boxing 12:15 - 1:15 PM	Youth Jiu Jitsu 10:00 - 11:00 AM	
Kickboxing 4:30 - 5:30 PM	Boxing 12:15 - 1:15 PM		Boxing 12:15 - 1:15 PM		Kickboxing 10:00 - 11:00 AM	
Youth Jiu Jitsu 4:30 - 5:30 PM	Kickboxing 4:30 - 5:30 PM	Kickboxing 4:30 - 5:30 PM	Kickboxing 4:30 - 5:30 PM	Kickboxing 4:30 - 5:30 PM	No Gi Jiu Jitsu 11:00 - 12:00 PM	
MMA 4:30 - 5:30 PM	Youth Jiu Jitsu 4:30 - 5:30 PM	Youth Jiu Jitsu 4:30 - 5:30 PM	Youth Jiu Jitsu 4:30 - 5:30 PM	Jiu Jitsu Open Mat 4:00 - 6:00 PM	Boxing 12:00 - 1:00 PM	
Flow Yoga 5:00 - 6:00 PM	MMA 5:00 - 6:00 PM	MMA 4:30 - 5:30 PM	MMA 5:00 - 6:00 PM		Comp Team Training 12:00 - 1:30 PM	
Jiu Jitsu Fundamentals 5:30 - 6:00 PM		Flow Yoga 5:00 - 6:00 PM		Flow Yoga 5:00 - 6:00 PM		
Boxing 5:30 - 6:30 PM	Boxing 5:30 - 6:30 PM	Boxing 5:30 - 6:30 PM	Boxing 5:30 - 6:30 PM	Boxing 5:30 - 6:30 PM		
No Gi Jiu Jitsu 6:00 - 7:00 PM	No Gi Jiu Jitsu 6:00 - 7:00 PM	No Gi Jiu Jitsu 6:00 - 7:00 PM	No Gi Jiu Jitsu 6:00 - 7:00 PM	Women's Jiu Jitsu 6:00 - 7:30 PM		
G.R.I.T. 6:00 - 7:00 PM	G.R.I.T. 6:00 - 7:00 PM	G.R.I.T. 6:00 - 7:00 PM	G.R.I.T. 6:00 - 7:00 PM	G.R.I.T. 6:00 - 7:00 PM		
Flow Yoga 7:00 - 8:00 PM	Kickboxing 7:00 - 8:00 PM	Flow Yoga 7:00 - 8:00 PM	Kickboxing 7:00 - 8:00 PM	Yin Yoga 7:00 - 8:00 PM		
Kickboxing 7:00 - 8:00 PM	Gi Jiu Jitsu 7:30 - 8:30 PM	Kickboxing 7:00 - 8:00 PM	Gi Jiu Jitsu 7:30 - 8:30 PM	Kickboxing 7:00 - 8:00 PM		* - by invite only
Gi Jiu Jitsu 7:30 - 8:30 PM		Gi Jiu Jitsu 7:30 - 8:30 PM				