

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	KICKBOXING 10:00 - 11:00 AM	
GI JIU JITSU 10:30 - 11:30 AM	GI JIU JITSU 10:30 - 11:30 AM	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	NO-GI JIU JITSU 11:00 AM - 12:00 PM	
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	BOXING 12:00 - 1:00 PM	
					JIU JITSU COMP TEAM 12:30 - 1:30 PM	
				JIU JITSU OPEN MAT 4:00 - 6:00 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	KICKBOXING 4:30 - 5:30 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	BOXING 5:30 - 6:30 PM		
U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	U1 FIT 6:00 - 7:00 PM	HOURS M-F: 8 AM - 12 PM, 4 PM - 9 PM SAT: 9 AM - 1 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 - 7:00 PM		
KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	KICKBOXING 7:00 - 8:00 PM	HOLIDAY HOURS JULY 4th: 10 AM - 2 PM Thanks Eve: Close at 7 PM Thanks Day: 8 AM - 12 PM Xmas Eve: Close at 7 PM Xmas Day: Closed NYE: Close at 7 PM NYD: Open at 10 AM	
GI JIU JITSU 7:15 - 8:15 PM	GI JIU JITSU 7:15 - 8:15 PM	GI JIU JITSU 7:15 - 8:15 PM	GI JIU JITSU 7:15 - 8:15 PM			