



# Class Schedule

Hours: Monday-Friday 9 A.M. to 8 P.M. & Saturday: 9 A.M. to 1 PM.

## KICKBOXING (Gloves and hand wraps are needed for this class.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 A.M.		TEE		TEE		
11:00 A.M.						WARREN
12:00 P.M.	SAM	WARREN	SAM	WARREN	SAM	
5:30 P.M.	TEE	SAM	SAM	SAM	SAM	
6:30 P.M.	TEE	TEE	TEE	TEE	WARREN	

## BOXING (Gloves, hand wraps, mouth piece, cup and jump rope are needed for this class.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 A.M.						ELIJAH
12:00 P.M.		DESHONE		DESHONE		
5:30 P.M.	DESHONE		DESHONE		DESHONE	
6:30 P.M.						

## MUAY THAI (Gloves, hand wraps, jump rope, mouthpiece, shin guards & cup are needed for this class.)

	MONDAY	WEDNESDAY	FRIDAY
6:30 P.M.	SAM	SAM	SAM

## MMA (All the above listed gear is needed for this class.)

	TUESDAY	THURSDAY
6:30 P.M. (Beginner)	SAM	SAM
7:30 P.M. (Advanced)	SAM	SAM

## KIDS CLASSES (Equipment required is the same as the adult equivalent class.)

	MONDAY	WEDNESDAY	FRIDAY
5:30 P.M.	BOXING	BOXING	BOXING