

# FULL SCHEDULE

EFFECTIVE JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0500-0600 Kickboxing Beginner		0500-0600 Kickboxing Beginner		0500-0600 Kickboxing Beginner	0900-1000 Muay Thai All Levels
0600-0715 Adult Gi BJJ All levels		0600-0715 Adult Gi BJJ All levels		0600-0715 Adult No Gi BJJ All levels	1000-1100 BJJ Fundamentals Adults and Children
					1000-1100 Kids Muay Thai All Ages, All Levels
1200-1300 Adult No-Gi BJJ All levels	1200-1300 Adult No-Gi BJJ All levels	1200-1300 Adult No-Gi BJJ All levels	1200-1300 Adult No-Gi BJJ All levels	1200-1300 Adult No-Gi BJJ All levels	1100-1200 Fighter Practice MMA / Muay thai
1600-1700 Adult Gi BJJ All levels	1630-1730 Fighter Practice MMA / Muay thai	1600-1700 Adult Gi BJJ All levels	1630-1730 Fighter Practice MMA / Muay thai	1600-1700 Adult No-Gi BJJ All levels	1100-1300 No-Gi Open Mat All levels
1630-1730 Kids Gi BJJ Advanced Class		1630-1730 Kids Gi BJJ Advanced Class			
1700-1730 Kids Gi BJJ Ages 3-6		1700-1730 Kids Gi BJJ Ages 3-6		1700-1730 Kids No-Gi BJJ Ages 3-6	
1730-1830 Kids Gi BJJ Ages 7+	1730-1830 Kids Muay Thai Beginners All Ages	1730-1830 Kids Gi BJJ Ages 7+	1730-1830 Kids Muay Thai Beginners All Ages	1730-1830 Kids No-Gi BJJ Ages 7+	
1730-1830 Kickboxing Beginner**	1730-1830 Kickboxing Beginner	1730-1830 Kickboxing Beginner**	1730-1830 Kickboxing Beginner	1730-1830 Kickboxing Beginner**	
1830-1930 Kickboxing Beginner**	1830-1930 Kids Muay Thai Intermediate / Adv All Ages	1830-1930 Kickboxing Beginner**	1830-1930 Kids Muay Thai Intermediate / Adv All Ages	1830-1930 Muay Thai All Levels**	
1830-2030 Adult Gi BJJ All levels	1830-2030 Adult Gi BJJ All levels	1830-2030 Adult No Gi BJJ All levels	1830-2030 No Gi BJJ Comp Class All levels	1830-2030 Adult No-Gi BJJ All levels	
1930-2030 Muay Thai Fundamentals	1930-2030 Muay Thai Advanced/ Interm.	1930-2030 Muay Thai Fundamentals	1930-2030 Muay Thai Advanced / Interm.		

Membership Key			
BJJ Adult		BJJ Kids	
Muay Thai Adult		Muay Thai Kids	
All- Inclusive			

\*\* Due to space limitations, students may only attend one class marked with an asterisk per night.