

MONDAY

2-9PM (open hours)

4:30 - 5:15PM

5 - 7 YEAR OLD
MARTIAL ARTS

5:15 - 6:00PM

8 - 10 YEAR OLD
MARTIAL ARTS

6:00 - 6:45PM

BLACK/RED SOLID
MARTIAL ARTS

MOTR PILATES

7:00 - 7:45pm

INST.
TRAINING

TAI CHI

8:00 - 8:45PM

GI JIU JITSU

WOMEN'S
KICKBOXING

TUESDAY

11AM-9PM

12:00 - 1:00PM

NOGI JIU JITSU

1:15 - 2:00PM

BOOTCAMP
FITNESS

4:30 - 5:15PM

5 - 7 YEAR OLD
MARTIAL ARTS

5:15 - 6:00PM

8 - 10 YEAR OLD
MARTIAL ARTS

5:30 - 6:15PM

BOOTCAMP
FITNESS

6:00 - 6:45PM

TEEN 11 AND UP
MARTIAL ARTS

STRIKING
MARTIAL ARTS

YOGA

NOGI JIU JITSU

CAPOEIRA

WEDNESDAY

2-9PM

4:30 - 5:15PM

5 - 7 YEAR OLD
MARTIAL ARTS

5:15 - 6:00PM

8 - 10 YEAR OLD
MARTIAL ARTS

6:00 - 6:45PM

BLACK/RED SOLID
MARTIAL ARTS

MOTR PILATES

INST.
TRAINING

WOMEN'S
JIU JITSU

BOXING

TAI CHI

NOGI JIU JITSU

WOMEN'S
KICKBOXING

THURSDAY

11AM-9PM

12:00 - 1:00PM

GI JIU JITSU

1:15 - 2:00PM

BOOTCAMP
FITNESS

4:30 - 5:15PM

5 - 7 YEAR OLD
MARTIAL ARTS

5:15 - 6:00PM

8 - 10 YEAR OLD
MARTIAL ARTS

6:00 - 6:45PM

TEEN 11 AND UP
MARTIAL ARTS

STRIKING
MARTIAL ARTS

5:30 - 6:15PM

BOOTCAMP
FITNESS

NOGI JIU JITSU

CAPOEIRA

FRIDAY

11:00AM-1:30PM

12:00 - 1:00PM

NOGI JIU JITSU

SATURDAY

9AM-1PM

9:00 - 10AM

YOGA

10:00 - 10:45AM

5 - 7 YEAR OLD
MARTIAL ARTS

BOOTCAMP
FITNESS

JIU JITSU OPEN MAT
MEMBERS ONLY

10:45 - 11:30AM

8 - 10 YEAR OLD
MARTIAL ARTS

11:30 - 12:15PM

TEEN ALL RANKS

BOXING

12:30 - 1:15PM

SPARRING

CAPOEIRA

