



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30pm	Kids Kickboxing (12 Years & Under)	Kids Kickboxing (12 Years & Under)	Kids Kickboxing (12 Years & Under)	Kickboxing Beginners Sparring	Kids Kickboxing (12 Years & Under)
5:30pm	K1 Kickboxing All Levels	Beginners Kickboxing	Strength, Core & Conditioning Class	Beginners Muay Thai Kickboxing	K1 Kickboxing All Levels
6:30pm	Beginners Kickboxing	Intermediate Muay Thai Kickboxing	Beginners Muay Thai Kickboxing	Intermediate Muay Thai Kickboxing	
	Advanced FIGHTERS Sparring Session 6:30pm				
7:30pm	Strength, Core & Conditioning Class	Advanced Muay Thai Kickboxing	Advanced K1 Kickboxing	Clinch & Technical Striking Class All Levels	