

CLASS SCHEDULE

MON

TUES

WED

THURS

FRI

SAT

6:00 - 6:45A
**COMBAT
CARDIO**

6:00 - 6:45P
**COMBAT
CARDIO**

6:00 - 7:00P
LVL 2/3

7:00 - 8:00P
LVL 1

7:00 - 8:00P
LVL ADV

11:30 - 12:30P
**ALL
LVLS**

4:30 - 5:15P
**YOUTH
CLASS**

5:30 - 6:15P
**TEEN
CLASS**

5:30 - 6:30P
**ALL
LVLS**

6:30 - 7:30P
LVL 1

6:30 - 7:30P
**FIGHT
(LVL 2)**

6:00 - 6:45A
**COMBAT
CARDIO**

6:00 - 6:45P
**COMBAT
CARDIO**

6:00 - 7:00P
LVL 2/3

7:00 - 8:00P
LVL 1

7:00 - 8:00P
LVL ADV

11:30 - 12:30P
**ALL
LVLS**

4:30 - 5:15P
**YOUTH
CLASS**

5:30 - 6:15P
**TEEN
CLASS**

5:30 - 6:30P
**ALL
LVLS**

6:30 - 7:30P
LVL 1

6:30 - 7:30P
**FIGHT
(LVL 2)**

6:00 - 6:45A
**COMBAT
CARDIO**

6:00 - 6:45P
**COMBAT
CARDIO**

9:00 - 9:45A
**COMBAT
CARDIO**

10:00 - 11:00A
LVL 1/2

10:00 - 11:30A
**FIGHT
(LVL ADV)**

CLASS DISCOUNTS:
LAW ENFORCEMENT
FIRE DEPARTMENT
ACTIVE MILITARY

PRIVATE SESSIONS
ALSO AVAILABLE.



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