|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TIME  9:30am |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**  Boxing & Kickboxing  Sparring  Training | SUNDAY |  |
| 10:30am |  | Boxing for All  Training | Adult  Jiujitsu  Class | Boxing for All  Training | Muay Thai  /Kickboxing  Training |  |  |  |  |
| 11:00am |  |  |  |  |  |  | Adult  Jiujitsu  Class |  |  |
| 4:30pm |  | Junior  / Youth  Kickboxing  Training | Junior  / Youth  Boxing  Training | Junior  / Youth  Jiujitsu  Class | Junior  / Youth  Boxing  Training | Junior  / Youth  Jiujitsu  Class |  |  |  |
| 5:30pm |  |  |  | Competition Boxing |  | Competition  Boxing |  |  |  |
| 6:30pm  7:00pm |  | Muay Thai  /Kickboxing  Training | Boxing for All  Training | Adult  Jiujitsu  Class | Boxing for All  Training | Adult  Jiujitsu  Class |  |  |  |