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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| TIME9:30am |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**Boxing & KickboxingSparringTraining | SUNDAY |  |
| 10:30am |  | Boxing for AllTraining | AdultJiujitsuClass | Boxing for AllTraining | Muay Thai/KickboxingTraining |  |  |  |  |
| 11:00am |  |  |  |  |  |  | AdultJiujitsuClass |  |  |
| 4:30pm |  | Junior/ YouthKickboxingTraining | Junior/ YouthBoxingTraining | Junior/ YouthJiujitsuClass | Junior/ YouthBoxingTraining | Junior/ YouthJiujitsuClass |  |  |  |
| 5:30pm |  |  |  | Competition Boxing |  | CompetitionBoxing |  |  |  |
| 6:30pm7:00pm |  | Muay Thai/KickboxingTraining | Boxing for AllTraining | AdultJiujitsuClass | Boxing for AllTraining | AdultJiujitsuClass |  |  |  |