

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIGHT N FITNESS INTENSIVE STRENGTH & CONDITIONING CIRCUIT CLASS 5.30 AM - 6.00 AM	COMBAT FITNESS BOXING/ MUAY THAI/ KICKBOXING CLASS 5.30 AM - 6.30 AM	BOXING TECHNIQUE & SPARRING 5.30 AM - 6.30 AM	COMBAT FITNESS BOXING/ MUAY THAI/ KICKBOXING CLASS 5.30 AM - 6.30 AM	BOXING TECHNIQUE & SPARRING 5.30 AM - 6.30 AM	STRENGTH CONDITIONING BOOTCAMP 6.30 AM - 7.15 AM
ONE - ON - ONE MUAY THAI & BOXING PADS WITH TEAM THAI ALL DAY 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING PADS WITH TEAM THAI ALL DAY 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING PADS WITH TEAM THAI ALL DAY 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING PADS WITH TEAM THAI ALL DAY 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING PADS WITH TEAM THAI 6.00 AM - 9.30 AM	MUAY THAI FIGHT CLASS COMPULSORY FOR ALL FIGHTERS 6.30 AM - 7.30 AM
SHAGGY'S CREW BOXING/ MUAY THAI/ KICKBOXING CLASS 12.00 PM - 1.00 PM		SHAGGY'S CREW BOXING/ MUAY THAI/ KICKBOXING CLASS 12.00 PM - 1.00 PM			SUPERVISED SPARRING ALL LEVELS 8.00 AM - 10.00 AM
BOXING HIIT HIGH INTENSITY TRAINING 5.30 PM - 6.00 PM	BOXING HIIT HIGH INTENSITY TRAINING 5.30 PM - 6.00 PM	BOXING HIIT HIGH INTENSITY TRAINING 5.30 PM - 6.00 PM	BOXING HIIT HIGH INTENSITY TRAINING 5.30 PM - 6.00 PM		PURE BOXING TECHNIQUE & SPARRING 8.00 AM - 9.00AM
PURE BOXING TECHNIQUE & SPARRING 6.00 PM - 7.00 PM	PURE BOXING TECHNIQUE & SPARRING 6.00 PM - 7.00 PM	PURE BOXING TECHNIQUE & SPARRING 6.00 PM - 7.00 PM	PURE BOXING TECHNIQUE & SPARRING 6.00 PM - 7.00 PM		PURE BOXING TECHNIQUE & SPARRING KIDS EDITION 9.00 AM - 9.30 AM
BJJ/ MMA WRESTLING TECHNIQUE & SPARRING KIDS EDITION 5.45 PM - 6.30 PM	MMA/ WRESTLING TECHNIQUE 5.30 PM - 6.30 PM	BJJ/ MMA WRESTLING TECHNIQUE & SPARRING KIDS EDITION 5.45 PM - 6.30 PM	MMA/ WRESTLING TECHNIQUE 5.30 PM - 6.30 PM	MMA/ WRESTLING TECHNIQUE 5.30 PM - 6.30 PM	
FEMALE FIGHT N FIT INTENSIVE FITNESS/ COMBAT CLASS 5.45 PM - 6.30 PM	FEMALE FIGHT N FIT INTENSIVE FITNESS/ COMBAT CLASS 5.45 PM - 6.30 PM	FEMALE FIGHT N FIT INTENSIVE FITNESS/ COMBAT CLASS 5.45 PM - 6.30 PM	FEMALE FIGHT N FIT INTENSIVE FITNESS/ COMBAT CLASS 5.45 PM - 6.30 PM		
BJJ TECHNIQUE 6.30 PM - 8.00 PM	BJJ TECHNIQUE 6.30 PM - 8.00 PM	BJJ TECHNIQUE 6.30 PM - 8.00 PM	BJJ TECHNIQUE 6.30 PM - 8.00 PM	BJJ TECHNIQUE 6.30 PM - 8.00 PM	
	CLINCHING TECHNIQUE 6.30 PM - 7.30 PM		CLINCHING TECHNIQUE 6.30 PM - 7.30 PM		
ONE - ON - ONE MUAY THAI & BOXING PADS WITH TEAM THAI ALL DAY 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING PADS WITH TEAM THAI ALL DAY 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING PADS WITH TEAM THAI ALL DAY 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING PADS WITH TEAM THAI ALL DAY 6.00 AM - 7.30 PM	SUPERVISED SPARRING ALL LEVELS 3.30 PM - 7.00 PM	

STAFF HOURS

MONDAY 5.30AM - 9.30AM & 3.30PM - 7.30PM
TUESDAY 5.30AM - 9.30AM & 3.30PM - 7.30PM
WEDNESDAY 6.30AM - 9.30AM & 3.30PM - 6.30PM
THURSDAY 5.30AM - 9.30AM & 3.30PM - 7.30PM
FRIDAY 6.30AM - 8.30AM & 3.30PM - 7.00PM
SATURDAY 6.30AM - 9.30AM