

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FIGHT N FITNESS</b> INTENSIVE STRENGTH AND CONDITIONING CIRCUIT CLASS 5.30 AM - 6.00 AM	<b>COMBAT FITNESS</b> BOXING/ MUAY THAI/ KICKBOXING CLASS 5.30 AM - 6.30 AM	<b>BOXING</b> TECHNIQUE AND SPARRING 5.30 AM - 6.30 AM	<b>COMBAT FITNESS</b> BOXING/ MUAY THAI/ KICKBOXING CLASS 5.30 AM - 6.30 AM	<b>BOXING</b> TECHNIQUE AND SPARRING 5.30 AM - 6.30 AM	<b>SUPERVISED SPARRING</b> WITH TEAM THAI 8.00 AM - 10.00 AM
<b>ONE - ON - ONE MUAY THAI &amp; BOXING PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	<b>ONE - ON - ONE MUAY THAI &amp; BOXING PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	<b>ONE - ON - ONE MUAY THAI &amp; BOXING PADS</b> WITH TEAM THAI 6.00 AM - 9.30 AM	<b>ONE - ON - ONE MUAY THAI &amp; BOXING PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	<b>ONE - ON - ONE MUAY THAI &amp; BOXING PADS</b> WITH TEAM THAI 6.00 AM - 9.30 AM	<b>PURE BOXING</b> TECHNIQUE & SPARRING 8.00 AM - 9.00AM
<b>SHAGGY'S CREW</b> BOXING/ MUAY THAI/ KICKBOXING CLASS 12.00 PM - 1.00 PM		<b>SHAGGY'S CREW</b> BOXING/ MUAY THAI/ KICKBOXING CLASS 12.00 PM - 1.00 PM			<b>PURE BOXING</b> TECHNIQUE & SPARRING KIDS EDITION 9.00 AM - 9.30 AM
<b>BOXING HIIT</b> HIGH INTENSITY TRAINING 5.30 PM - 6.00 PM	<b>BOXING HIIT</b> HIGH INTENSITY TRAINING 5.30 PM - 6.00 PM	<b>BOXING HIIT</b> HIGH INTENSITY TRAINING 5.30 PM - 6.00 PM	<b>BOXING HIIT</b> HIGH INTENSITY TRAINING 5.30 PM - 6.00 PM		
<b>PURE BOXING</b> TECHNIQUE & SPARRING 6.00 PM - 7.00 PM	<b>PURE BOXING</b> TECHNIQUE & SPARRING 6.00 PM - 7.00 PM	<b>PURE BOXING</b> TECHNIQUE & SPARRING 6.00 PM - 7.00 PM	<b>PURE BOXING</b> TECHNIQUE & SPARRING 6.00 PM - 7.00 PM		
<b>BJJ/ MMA WRESTLING</b> TECHNIQUE & SPARRING KIDS EDITION 5.45 PM - 6.30 PM	<b>MMA/ WRESTLING</b> TECHNIQUE 5.30 PM - 6.30 PM	<b>BJJ/ MMA WRESTLING</b> TECHNIQUE & SPARRING KIDS EDITION 5.45 PM - 6.30 PM	<b>MMA/ WRESTLING</b> TECHNIQUE 5.30 PM - 6.30 PM		
<b>FEMALE FIGHT N FIT</b> INTENSIVE FITNESS/ COMBAT CLASS 5.45 PM - 6.30 PM	<b>FEMALE FIGHT N FIT</b> INTENSIVE FITNESS/ COMBAT CLASS 5.45 PM - 6.30 PM	<b>FEMALE FIGHT N FIT</b> INTENSIVE FITNESS/ COMBAT CLASS 5.45 PM - 6.30 PM	<b>FEMALE FIGHT N FIT</b> INTENSIVE FITNESS/ COMBAT CLASS 5.45 PM - 6.30 PM		
<b>BJJ TECHNIQUE</b> 6.30 PM - 8.00 PM	<b>BJJ TECHNIQUE</b> 6.30 PM - 8.00 PM	<b>BJJ TECHNIQUE</b> 6.30 PM - 8.00 PM	<b>BJJ TECHNIQUE</b> 6.30 PM - 8.00 PM	<b>BJJ TECHNIQUE</b> 6.00 PM - 7.30 PM	
	<b>CLINCHING TECHNIQUE</b> 6.30 PM - 7.30 PM		<b>CLINCHING TECHNIQUE</b> 6.30 PM - 7.30 PM		
<b>ONE - ON - ONE MUAY THAI &amp; BOXING PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	<b>ONE - ON - ONE MUAY THAI &amp; BOXING PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	<b>SUPERVISED SPARRING</b> WITH TEAM THAI 2.30 PM - 7.30 PM	<b>ONE - ON - ONE MUAY THAI &amp; BOXING PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	<b>ONE - ON - ONE MUAY THAI &amp; BOXING PADS</b> WITH TEAM THAI 2.30 PM - 7.30 PM	

**STAFF HOURS**

MON - FRI  
5.30 AM - 9.30 AM

MON - THUR  
2.30 PM - 7.30 PM

SATURDAY  
8.00 AM TO 10.00 AM