

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FIGHT N FITNESS</b> INTENSIVE STRENGTH & 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 HIIT</b> HIGH INTENSITY TRAINING 5.30 AM - 6.15 AM	<b>COMBAT FITNESS</b> BOXING/ MUAY THAI/ KICKBOXING CLASS 5.30 AM - 6.30 AM	<b>BOXING HIIT</b> HIGH INTENSITY TRAINING 5.30 AM - 6.15 AM	<b>STRENGTH CONDITIONING</b> BOOTCAMP 6.30 AM - 7.15 AM
ONE - ON - ONE MUAY THAI & BOXING <b>PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING <b>PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING <b>PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING <b>PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING <b>PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.00 PM	<b>MUAY THAI FIGHT CLASS</b> COMPULSORY FOR ALL FIGHTERS 6.30 AM - 7.30 AM
<b>BJJ/ MMA WRESTLING</b> TECHNIQUE & SPARRING KIDS EDITION 3-6 Yrs old 5.45 PM - 6.15 PM		<b>BJJ/ MMA WRESTLING</b> TECHNIQUE & SPARRING KIDS EDITION 3-6 Yrs old 5.45 PM - 6.15 PM			<b>SUPERVISED SPARRING</b> and <b>PADS</b> WITH TEAM THAI ALL LEVELS 8.00 AM - 10.00 AM
<b>BJJ/ MMA WRESTLING</b> TECHNIQUE & SPARRING KIDS EDITION 7-14 Yrs old 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 7-14 Yrs old 5.45 PM - 6.30 PM	<b>MMA/ WRESTLING</b> TECHNIQUE 5.30 PM - 6.30 PM	<b>MMA/ WRESTLING</b> TECHNIQUE 5.30 PM - 6.30 PM	<b>PURE BOXING</b> TECHNIQUE & SPARRING KIDS EDITION 9.00 AM - 9.30 AM
<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 OPEN MATS</b> ALL LEVELS ALTERNATIVE SATURDAYS AT CBV/CBL 9.30 AM - 11.00 AM
<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</b> TECHNIQUE 6.30 PM - 8.00 PM	<b>BJJ</b> TECHNIQUE 6.30 PM - 8.00 PM	<b>BJJ</b> TECHNIQUE 6.30 PM - 8.00 PM	<b>BJJ</b> TECHNIQUE 6.30 PM - 8.00 PM	<b>BJJ</b> TECHNIQUE 6.30 PM - 8.00 PM	
ONE - ON - ONE MUAY THAI & BOXING <b>PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING <b>PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	<b>SUPERVISED SPARRING</b> and <b>PADS</b> WITH TEAM THAI ALL LEVELS 2.30 PM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING <b>PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.30 PM	ONE - ON - ONE MUAY THAI & BOXING <b>PADS</b> WITH TEAM THAI <b>ALL DAY</b> 6.00 AM - 7.00 PM	

**STAFF HOURS**

<b>MONDAY</b> 5.30AM - 9.30AM & 3.30PM - 7.30PM
<b>TUESDAY</b> 5.30AM - 9.30AM & 3.30PM - 7.30PM
<b>WEDNESDAY</b> 5.30AM - 9.30AM & 3.30PM - 7.30PM
<b>THURSDAY</b> 5.30AM - 9.30AM & 3.30PM - 7.30PM
<b>FRIDAY</b> 5.30AM - 9.30AM & 3.30PM - 7.00PM
<b>SATURDAY</b> 6.30AM - 10.00AM