

## Martial Arts - 60 hours / week

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30am-7:45am	6:30am-7:45am			8am-8:45am	
9am-9:45am	Open Mat / Private Lessons Cindy	Open Mat / Private Lessons Cindy	Open Mat/ Private Lessons	Open Mat/ Private Lessons Cindy/Lynne	All Levels Jiu-Jitsu (Gi) Takedowns	
10am-10:45am	Open Mat/ Private Lessons Lynne	Open Mat/ Private Lessons Anne Marie	Open Mat/ Private Lessons Lynne	Open Mat/ Private Lessons Anne Marie		Open Mat/ Private Lessons Lynne
11am-11:45pm	Yoga	Cardio Kickboxing	Yoga	Cardio Kickboxing	Yoga	Box Fit
12pm-12:45pm	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	All Levels Jiu-Jitsu (Gi)
1pm-1:45pm	Open Mat/ Private Lessons	Open Mat/Private Lessons	Open Mat/ Private Lessons	Open Mat/Private Lessons	Open Mat/ Private Lessons	
2pm-2:45pm	All Levels Thai Kickboxing	Weight Lifting Circuits	No Gi Ground and Pound	Weight Lifting Circuits	All Levels Thai Kickboxing	
3pm-3:45pm		Open Mat/ Private Lessons		Open Mat/ Private Lessons		
4pm-4:45pm	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Open Mat/ Private Lessons	Police Military Only	Open Mat/ Private Lessons	
5:00-5:30pm	Weights Room/ Private Lessons	Weights Room/ Private Lessons	Weights Room/ Private Lessons	Weights Room/ Private Lessons	Weights Room/ Private Lessons	
5:30-6:15pm	Intermediate Strictly Core	Muscle Toning	Cardio Kickboxing	Muscle Toning	Box Fit	
6:15-7pm	Cardio Kickboxing	Box Fit	Beginner Strictly Core	Box Fit	Weights Room/ Private Lessons	Sunday Open Mat 1pm-5pm
7:00-8pm	Beginner Thai Kickboxing Technique	Beginner Jiu Jitsu (Gi)	Power Yoga	All Levels Jiu-Jitsu (No-Gi)	Weight Lifting Circuit	
8-9pm	Intermediate Jiu Jitsu	Open Grappling	Advanced Jiu Jitsu	Open Grappling		
9-9:45pm	Open Grappling	Intermediate Thai Kickboxing	Intermediate Jiu Jitsu (Gi) Open Grappling	All Levels Thai Kickboxing	All Levels Jiu-Jitsu (Gi)	
10-10:45pm						

#REF!

8

MMA Class is a combination of conditioning and techniques relevant to an MMA bout

Competition Team is a combination of conditioning and techniques relevant to a Jiu-Jitsu Match

BJJ / Striking - fusion conditioning and situation workout for mixed martial arts

Jiu Jitsu is the combined study of takedown, grappling and self defense techniques

Thai Kickboxing: Conditioning and techniques relevant in Muay Thai Kickboxing

Kickboxing: Cardio oriented workout using kickboxing techniques

Boxercise: Cardio oriented workout using boxing techniques

Strictly Core: Circuit training for functional core toning

Muscle Toning: Circuit Weight Training using body weight and kettlebells

Weight Circuit - circuit training with weights