



FALL 2009 CLASS SCHEDULE

••• UPSTAIRS CLASSROOM •••

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 PM							
2 PM							
3 PM							
4 PM							
4:30							
5 PM	Advanced Mixed Martial Arts	Filipino Martial Arts	Advanced Mixed Martial Arts	Filipino Martial Arts			
5:30	Youth Jeet Kune Do		Youth Jeet Kune Do	Intermediate MMA & Thai Boxing	Women's Kickboxing II		
6 PM	Women's Kickboxing I	Intermediate MMA & Thai Boxing	Women's Kickboxing I	Women's Kickboxing I			
7 PM	Sorority Kickboxing						
8 PM							
9 PM							

••• DOWNSTAIRS CLASSROOM •••

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 PM							
2 PM							
3 PM							
3:45							
4 PM							
4:45							
5 PM							
5:30					Thai Boxing II		
6 PM	Women's Kickboxing II	Thai Boxing II	Women's Kickboxing II	Thai Boxing II	Boxing I & II		
6:30		Beginner Mixed Martial Arts & Thai Boxing		Beginner Mixed Martial Arts & Thai Boxing			
7 PM							
7:30							
8 PM	Boxing I & II		Boxing I & II				
8:30							
9 PM							

• Elite Training •

Monday, Wednesday, & Friday 8 AM - 9 AM

• Personal & Small Group Fitness, Martial Arts, & Boxing Lessons •
By Appointment