

Unit 2 Fitness & Martial Arts

Updated & Effective Jan 3, 2022

	Mon	Tue	Wed	Thurs	Fri	Sat
9:00 AM	Kickboxing 10 - 11am	Kickboxing 10 - 11am	.	Kickboxing 10 - 11am	Kickboxing 10 - 11am	Kickboxing 10 - 11am
11:00 AM	BJJ 101 11 - 12pm
12:00 PM	Adult Jiu Jitsu All Levels 11:30-12:30pm	Adult Jiu Jitsu All Levels 11:30-12:30pm	.	Adult Jiu Jitsu All Levels 11:30-12:30pm	Adult Jiu Jitsu All Levels 11:30-12:30pm	Adult Jiu Jitsu All Levels 12 - 1pm
1:00 PM	Kickboxing 12 - 1pm	Kickboxing 12 - 1pm	.	Kickboxing 12 - 1pm	Kickboxing 12 - 1pm	Kickboxing 12 - 1pm
5:00 PM
6:00 PM	Kids BJJ 5:30-6:15pm	BJJ 101 5:30 - 6:30pm	Kids BJJ 5:30 - 6:15pm	BJJ 101 5:30 - 6:30pm	Kids BJJ 5:30-6:15pm	.
	Kickboxing 5 - 6pm	Teen BJJ 5:30 - 6:30pm	.	Teen BJJ 5:30 - 6:30pm	Kickboxing 5 - 6pm	.
	Muay Thai 6 - 7pm	Muay Thai 6 - 7pm	.	Muay Thai 6 - 7pm	Muay Thai 6 - 7pm	.
7:00 PM	Adult Jiu Jitsu All Levels 6:30 - 7:30pm	Adult Jiu Jitsu All Levels 6:30 - 7:30pm	BJJ NOGI - Advanced (Blue Belt & Higher) 6:30 - 7:30pm	Adult Jiu Jitsu All Levels 6:30 - 7:30pm	Adult Jiu Jitsu All Levels 6:30 - 7:30pm	.
	Kickboxing 6:30 - 7:30pm	Kickboxing 6:30 - 7:30pm	.	Kickboxing 6:30 - 7:30pm	Kickboxing 6:30 - 7:30pm	.
8:00 PM