

Unit 2 Fitness & Martial Arts

Sept 1, 2021

	Mon	Tue	Wed	Thurs	Fri	Sat
9am
10am
11am	Kickboxing 10 - 11am		.	Kickboxing 10 - 11am		Kickboxing 10 - 11am
12pm	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	BJJ 101 11 - 12pm
1pm	Kickboxing 12 - 1pm		.	Kickboxing 12 - 1pm		Adult Jiu Jitsu (All Levels) 12 - 1pm
5pm	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	.
6am	.	Teen BJJ 5:30 - 6:30pm	.	Teen BJJ 5:30 - 6:30pm	.	.
7pm	Adult Jiu Jitsu (All Levels) 6:30 - 7:30pm	Adult Jiu Jitsu (All Levels) 6:30 - 7:30pm	Women Only BJJ (All Levels) 6:30 - 7:30pm	Adult Jiu Jitsu (All Levels) 6:30 - 7:30pm	Adult Jiu Jitsu (All Levels) 6:30 - 7:30pm	.
8pm
9pm