

# Unit 2 Fitness & Martial Arts

Updated & Effective Aug 31, 2022

|          | Mon   | Tue   | Wed   | Thurs                                       | Fri   | Sat  |
|----------|---|---|---|---|---|--|
| 9:00 AM  | Kickboxing<br>10 - 10:45am                  | Kickboxing<br>10 - 10:45am                  | .   | Kickboxing<br>10 - 10:45am                  | Kickboxing<br>10 - 10:45am                              | Kickboxing<br>10 - 10:45am                   |
| 11:00 AM | .   | .   | .   | .   | .   | .  |
| 12:00 PM | Adult Jiu Jitsu<br>All Levels<br>11:30-1pm  | Adult Jiu Jitsu<br>All Levels<br>11:30-1pm  | .   | Adult Jiu Jitsu<br>All Levels<br>11:30-1pm  | Adult Jiu Jitsu<br>All Levels<br>11:30-1pm              | BJJ 101<br>11 - 12pm                         |
| 1:00 PM  | Kickboxing<br>12 - 12:45pm                  | Kickboxing<br>12 - 12:45pm                  | .   | Kickboxing<br>12 - 12:45pm                  | Kickboxing<br>12 - 12:45pm                              | Adult Jiu Jitsu<br>All Levels<br>12 - 1:30pm |
| 5:00 PM  | Kickboxing<br>5 - 5:45pm                    | .   | .   | .   | Kickboxing<br>5 - 5:45pm                                | .  |
| 6:00 PM  | Kids BJJ<br>5:30-6:30pm                     | BJJ 101<br>5:30 - 6:30pm                    | Kids BJJ<br>5:30-6:30pm                                   | BJJ 101<br>5:30 - 6:30pm                    | Kids BJJ<br>5:30-6:30pm                                 | .  |
| 7:00 PM  | Adult Jiu Jitsu<br>All Levels<br>6:30 - 8pm | Adult Jiu Jitsu<br>All Levels<br>6:30 - 8pm | BJJ NOGI - Advanced (Blue Belt & Higher)<br>6:30 - 7:30pm | Adult Jiu Jitsu<br>All Levels<br>6:30 - 8pm | Takedown<br>Class<br>(Wrestling/ Judo)<br>6:30 - 7:30pm | .  |
| 8:00 PM  | .   | .   | .   | .   | .   | .  |