

Unit 2 Fitness & Martial Arts

Updated & Effective March 13, 2023

| | Mon | Tue | Wed | Thurs | Fri | Sat |
|----------|---|---|--|---|---|--|
| 9:00 AM | Kickboxing 10 - 10:45am | | | Kickboxing 10 - 10:45am | | Kickboxing 10 - 10:45am |
| 11:00 AM | | | BJJ 101 Appointment Only 11 - 12pm | | | BJJ 101 11 - 12pm |
| 12:00 PM | Adult Jiu Jitsu All Levels 11:30-1pm | Adult Jiu Jitsu All Levels 11:30-1pm | | Adult Jiu Jitsu All Levels 11:30-1pm | Adult Jiu Jitsu All Levels 11:30-1pm | Adult Jiu Jitsu All Levels 12 - 1:30pm |
| 1:00 PM | | | | | | |
| 5:00 PM | | | | | | |
| 6:00 PM | Kids BJJ 5:30-6:30pm | BJJ 101 5:30 - 6:30pm | Kids BJJ 5:30-6:30pm | BJJ 101 5:30 - 6:30pm | Kids BJJ 5:30-6:30pm | |
| 7:00 PM | Adult Jiu Jitsu All Levels 6:30 - 8pm | Adult Jiu Jitsu All Levels 6:30 - 8pm | BJJ NOGI Advanced (Blue Belt & Higher) 6:30 - 7:30pm | Adult Jiu Jitsu All Levels 6:30 - 8pm | Adult Jiu Jitsu All Levels 6:30 - 8pm | |
| 8:00 PM | | | | | | |