

Unit 2 Fitness & Martial Arts

Updated & Effective Jan 15, 2024

	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	Teen BJJ 11 - 12pm
1:00 PM	Kickboxing 12 - 12:45pm		Kickboxing 12 - 12:45pm		Kickboxing 12 - 12:45pm	
5:00 PM	Kids BJJ Ages (3-6) 4:30-5:15pm	Kids BJJ Ages (3-6) 4:30-5:15pm	Kids BJJ Ages (3-6) 4:30-5:15pm	Kids BJJ Ages (3-6) 4:30-5:15pm	Kids BJJ Ages (3-6) 4:30-5:15pm	Kids BJJ Ages (3-6) 4:30-5:15pm
6:00 PM	Kids BJJ Ages (7-13) 5:30-6:30pm	BJJ 101 5:30 - 6:30pm	Kids BJJ Ages (7-13) 5:30-6:30pm	BJJ 101 5:30 - 6:30pm	Kids BJJ Ages (7-13) 5:30-6:30pm	Teen 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	Adult Jiu Jitsu All Levels 12 - 1:30pm
8:00 PM	Kickboxing 6:30 - 7:15pm		Kickboxing 6:30 - 7:15pm		Kickboxing 6:30 - 7:15pm	
	Muay Thai 6 - 7:30pm		Muay Thai 6 - 7:30pm		Muay Thai 6 - 7:30pm	