

**MONDAY**5:30AM **STEEL FIT**6AM **BJJ**12PM **STEEL FIT**5PM **WRESTLING/  
NO GI**6:30PM **MARTIAL ARTS  
CONDITIONING**6:30PM **HIGHBOXING  
FOR KIDS**7PM **BJJ****TUESDAY**6AM **BJJ**12PM **BOXING  
FUNDAMENTALS**3PM **KIDS BJJ**5PM **MUAY THAI**6PM **KIDS BJJ**6:30PM **BOXING  
FUNDAMENTALS**7PM **BJJ****WEDNESDAY**5:30AM **STEEL FIT**6AM **BJJ**12PM **STEEL FIT**5PM **WRESTLING**6PM **BODY BY PAT**6:30PM **BJJ**6:30PM **BEGINNERS  
HIGHBOXING****THURSDAY**6AM **BJJ**12PM **BOXING  
FUNDAMENTALS**3PM **KIDS BJJ**5PM **INT/ADV BOXING**6PM **KIDS BJJ**6:30PM **BOXING  
FUNDAMENTALS**7PM **BJJ****FRIDAY**5:30AM **STEEL FIT**6AM **BJJ**12PM **STEEL FIT**5PM **WRESTLING**6PM **OPEN MAT BJJ****SATURDAY**6AM **BJJ**7:30AM **STEEL FIT**8AM **FILIPINO  
STICH FIGHTING**9AM **BOXING  
FUNDAMENTALS****SUNDAY**6AM **BJJ**M-F 5:30AM-1PM  
AND 4-9PM

SAT 6-11AM

SUN 6-10AM