



# CLASS SCHEDULE

• No Instructor • Free to Public

MON	TUES	WED	THURS	FRI
5:30am STEEL FIT 6am BJJ Open Mat 7am BJJ 12pm STEEL FIT 5pm Wrestling 5:30pm STEEL FIT 6:30pm Martial Arts Conditioning 7pm BJJ	6am BJJ Open Mat 7am BJJ 8:30 am Steel Conditioning 12pm Boxing Fundamentals 5pm Muay Thai 6:30pm Boxing Fundamentals 7pm BJJ	5:30am STEEL FIT 6am BJJ Open Mat 7am BJJ 12pm STEEL FIT 5:30pm STEEL FIT 6pm Open Mat/No Gi 6:30pm Beginners Kickboxing	6am BJJ Open Mat 7am BJJ 8:30 am Steel Conditioning 12pm Boxing Fundamentals 5pm Advance Boxing 6:30pm Boxing Fundamentals 7pm BJJ	5:30am STEEL FIT 6am BJJ Open Mat 7am BJJ 12pm STEEL FIT 5pm Wrestling 5:30pm STEEL FIT 6pm Open Mat BJJ 6:30pm Martial Arts Conditioning 6:30pm Beginners Kickboxing
SAT	SUN	HOURS		CONTACT US
6am BJJ 7:30am STEEL FIT 8am Filipino Martial Arts 9am Boxing Fundamentals	6am BJJ	Monday - Friday 5:30am - 1pm And 4-9pm Saturday 6am - 11am	Sunday 6am - 10am	671-682-7294 <a href="mailto:info@steelathleticsguam.com">info@steelathleticsguam.com</a> @steelathletics 643 Chalan San Antonio W1 Tamuning, Guam 96913