

KIDS CLASS SCHEDULE

MON

5pm Wrestling

6:30pm

Kids Kickboxing

TUES

12pm Boxing
Fundamentals

3pm Kids BJJ

5pm Teen BJJ

6pm Kids/Tots
BJJ

6:30pm Boxing
Fundamentals

WED

6:30pm
Beginners
Kickboxing

THURS

12pm Boxing
Fundamentals

3pm Kids BJJ

5pm Teen BJJ

6pm Kids/Tots
BJJ

6:30pm Boxing
Fundamentals

FRI

5pm Wrestling

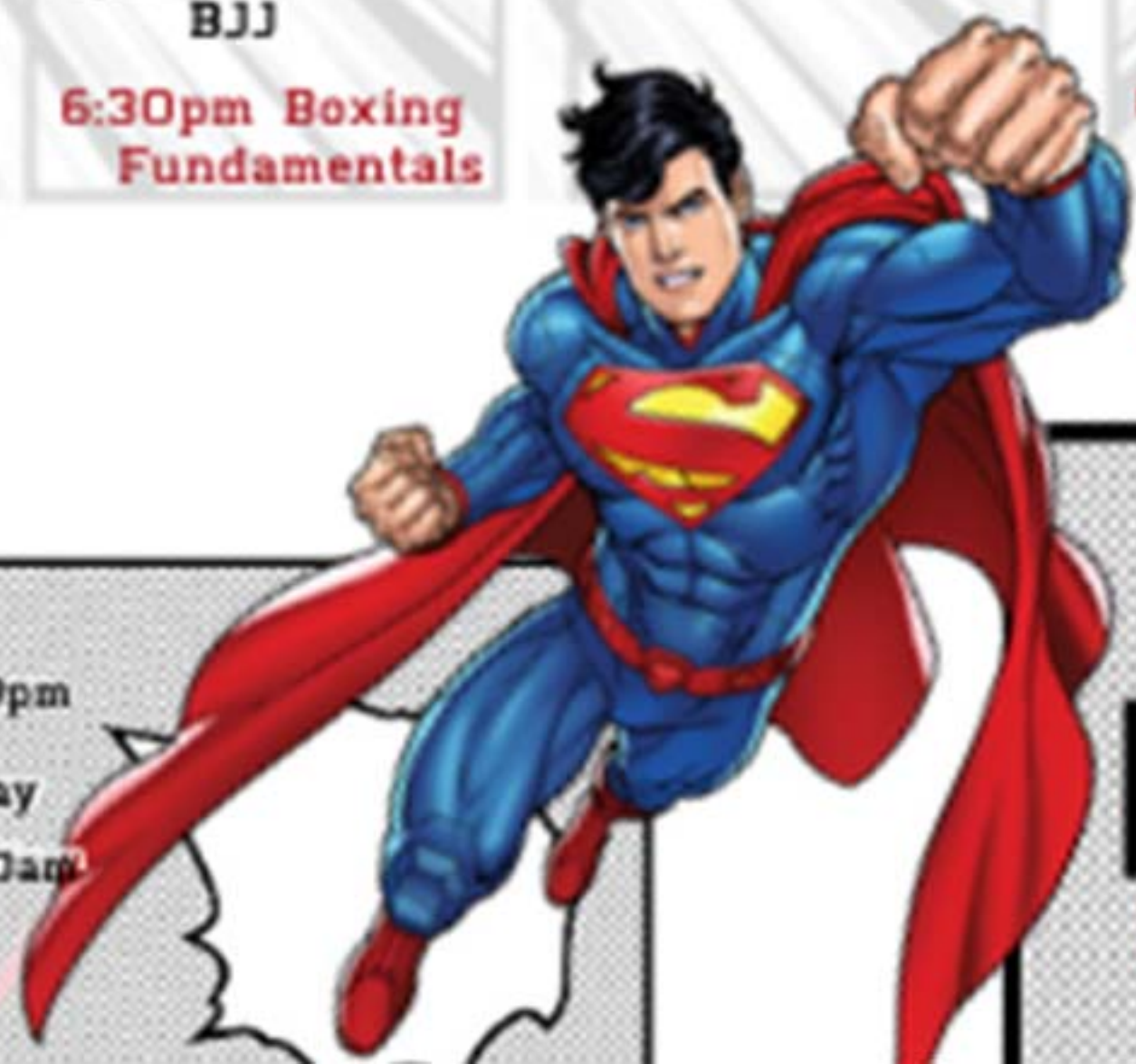
6:30pm
Beginners
Kickboxing

SAT

8am Filipino
Stick Fighting

9am Boxing
Fundamentals

9am Kids MMA



TEENS CLASS AGE RANGE 13 AND UP

KIDS CLASS AGE RANGE: 5-12 TOTS BJJ 5-8

Monday - Friday

5:30am - 1pm And 4-9pm

Saturday

6am - 11am

Sunday

6am - 10am

STEEL
ATHLETICS

**CONTACT
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