



CLASS SCHEDULE

• No Instructor • Free to Public

JAN 2020

MON	TUES	WED	THURS	FRI
5:30am STEEL FIT 6am BJJ Open Mat 7am BJJ 12pm STEEL FIT 5:00 pm - 6:30 pm Advance No Gi 5:30pm STEEL FIT 7pm 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 4:00 pm - 6:00 pm High School Wrestling 5:30pm STEEL FIT 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 4:00 pm - 6:00 pm High School Wrestling 5:30pm STEEL FIT 6:30pm Beginners Kickboxing 6pm MARATHON ROLL 7:00 pm Martial Arts Conditioning
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 - 9am	671-682-7294 info@steelathleticsguam.com @steelathletics 643 Chalan San Antonio W1 Tamuning, Guam 96913