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		Brazilian Jiu-Jitsu <b>6:00AM</b> INTERMEDIATE 		Brazilian Jiu-Jitsu <b>6:00AM</b> INTERMEDIATE 	Brazilian Jiu-Jitsu <b>6:00AM</b> GI ROLLING - BEGINNER FRIENDLY 	
AM	KickFit / Boxing <b>6:00AM</b> 		KickFit / Boxing <b>6:00AM</b> 		KickFit / Boxing <b>6:00AM</b> 	KickFit / KickCircuit <b>9:00AM</b> 
	Boxing <b>8:00AM</b> FIGHT DRILLS 	Boxing <b>8:00AM</b> FIGHT DRILLS 	Boxing <b>8:00AM</b> FIGHT DRILLS 	Boxing Sparring <b>8:00AM</b> FIGHTERS / EXPERIENCED ONLY 	Boxing <b>8:00AM</b> FIGHT DRILLS 	Advanced Sparring <b>10:00AM</b> FIGHTERS / EXPERIENCED ONLY 
	Kickboxing <b>9:00AM</b> FIGHT DRILLS 	Kickboxing <b>9:00AM</b> FIGHT DRILLS 	Kickboxing <b>9:00AM</b> FIGHT DRILLS 	Kickboxing <b>9:00AM</b> FIGHT DRILLS 	Kickboxing <b>9:00AM</b> FIGHT DRILLS 	OPEN MAT <b>10:00AM</b> 
	MMA <b>9:00AM</b> FIGHTERS / EXPERIENCED ONLY 	MMA <b>9:00AM</b> FIGHTERS / EXPERIENCED ONLY 	MMA <b>9:00AM</b> FIGHTERS / EXPERIENCED ONLY 	MMA <b>9:00AM</b> FIGHTERS / EXPERIENCED ONLY 	MMA <b>9:00AM</b> FIGHTERS / EXPERIENCED ONLY 	Sparring MMA <b>11:00AM</b> FIGHTERS / EXPERIENCED ONLY 
	KickFit <b>12:00PM</b> 	Brazilian Jiu-Jitsu <b>12:00PM</b> BEGINNER FRIENDLY - FUNDAMENTALS / DRILLING 		Brazilian Jiu-Jitsu <b>12:00PM</b> BEGINNER FRIENDLY - FUNDAMENTALS / DRILLING 	KickFit <b>12:00PM</b> 	
PM	KickFit <b>5:30PM</b> 	KickFit <b>5:30PM</b> 	Boxing <b>5:30PM</b> 	KickFit <b>5:30PM</b> 	Boxing <b>5:30PM</b> 	
	Brazilian Jiu-Jitsu <b>5:30PM</b> BEGINNER FRIENDLY 	Brazilian Jiu-Jitsu <b>5:30PM</b> BEGINNER FRIENDLY - NO GI 	Brazilian Jiu-Jitsu <b>5:30PM</b> BEGINNER FRIENDLY 	Brazilian Jiu-Jitsu <b>5:30PM</b> BEGINNER FRIENDLY 	Brazilian Jiu-Jitsu <b>5:30PM</b> BEGINNER FRIENDLY - NO GI 	
		KickStart <b>6:00PM</b> INTRODUCTION - BOOKING REQUIRED 		KickStart <b>6:00PM</b> INTRODUCTION - BOOKING REQUIRED 		
	Advanced Sparring <b>6:45PM</b> FIGHTERS / EXPERIENCED ONLY 	KickTech <b>6:45PM</b> 	KickCircuit <b>6:45PM</b> 	KickTech <b>6:45PM</b> 	Endurance <b>6:45PM</b> 	
	Brazilian Jiu-Jitsu <b>6:45PM</b> ADVANCED 	Wrestling <b>6:45PM</b> 	Brazilian Jiu-Jitsu <b>6:45PM</b> ADVANCED 		Brazilian Jiu-Jitsu <b>6:45PM</b> MARATHON ROLL - ADVANCED 