



TRAINING SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|-----------------|------------------------------|---------------------|------------------------------|---------------------|-----------------------|
| → Boxing | 6:30p-7:30p | 7:00a-8:00a 5:30p-6:30p | 6:30p-7:30p | 7:00a-8:00a 5:30p-6:30p | | 10:30a-11:30a |
| → Muay Thai | 5:30p-6:30p | 6:30p-7:30p | 5:30p-6:30p | 6:30p-7:30p | | 9:30a-10:30a |
| → MMA | 7:00p-9:00p | 11:30a-1:00p 7:30p-9:00p | 7:30p-9:00p | 11:30a-1:00p 7:30p-9:00p | | 11:30a-1:00p |
| → Jiu Jitsu | 6:00p-7:30p | 10:00a-11:30a 6:00p-7:30p | *GF* 6:00p-7:30p | 10:00a-11:30a 6:00p-7:30p | *GF* 5:00p-6:00p | *GF* 10:00a-11:30a |
| → Pro Fight Team | Invitation Only | | Invitation Only | | Invitation Only | |
| → GYM Hours | 7:00a-9:00p | 7:00a-9:00p | 7:00a-9:00p | 7:00a-9:00p | 7:00a-6:00p | 8:00a-1:00p |