

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00	abc FITCAMP 6:00-7:00		abc FITCAMP 6:00-7:00		abc FITCAMP 6:00-7:00	
9:00-10:00	Cross <b>training</b> Fitness 9:00-10:00	abc FITCAMP 9:00-10:00	Cross <b>training</b> Fitness 9:00-10:00	abc FITCAMP 9:00-10:00	Cross <b>training</b> Fitness 9:00-10:00	Cross <b>training</b> Fitness 9:00-10:00
11:00-12:00						Women's Kickboxing 11:00-12:00
12:00-1:00						Brazillian Jui Jitsu 12:00-1:00
12:10-12:50	Cross <b>training</b> Fitness 12:10-12:50	abc FITCAMP 12:10-12:50	Cross <b>training</b> Fitness 12:10-12:50	abc FITCAMP 12:10-12:50	Cross <b>training</b> Fitness 12:10-12:50	
1:00-2:00						
5:15-6:15	Cross <b>training</b> Fitness 5:15-6:15	Cross <b>training</b> Fitness 5:15-6:15	Cross <b>training</b> Fitness 5:15-6:15	Cross <b>training</b> Fitness 5:15-6:15	<h2>MMA Sparring</h2> <ul style="list-style-type: none"> <li>● Invite Only (AM/PRO) Friday 6pm</li> <li>● Open Saturday 1pm</li> </ul>	
5:45-6:45		Women's Kickboxing 5:45-6:45		Women's Kickboxing 5:45-6:45		
6:15-7:15	Muay Thai 6:15-7:15	Beg. Cross <b>training</b> Fitness 6:15-7:15	Muay Thai 6:15-7:15	Beg. Cross <b>training</b> Fitness 6:15-7:15		
6:45-7:45		Muay Thai 6:45-7:45		Brazillian Jui Jitsu (No GI) 6:45-7:45		
7:15-8:15	Brazillian Jui Jitsu 7:15-8:15		Brazillian Jui Jitsu 7:15-8:15			
7:45-8:45		Brazillian Jui Jitsu 7:45-8:45		Muay Thai 7:45-8:45		