

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | | |
|--------|-------------------------------|--|-------------------------------|---|--------------------|---|---|---|--|
| CLOSED | OPEN 3:30 PM | 6:10 AM - 7:00 AM STRIKE 50 FITNESS KICKBOXING | OPEN 11:45 AM | 6:10 AM - 7:00 AM STRIKE 50 FITNESS KICKBOXING | OPEN 3:30 PM | OPEN 8:30 AM | | | |
| | | | | | | 9:00 AM - 9:50 AM STRIKE 50 FITNESS KICKBOXING | | | |
| | | | | | | 10:00 AM - 10:50 AM ADVANCED KIDS BJJ | | | |
| | | | | | | 11:00 AM - 12:00 PM OPEN MAT | | | |
| | | | | 12:00 PM - 1:00 PM No GI JIU JITSU | | 12:00 PM - 1:00 PM OPEN MAT | 12:00 PM - 1:00 PM BRAZILIAN JIU JITSU | 12:10 PM - 1:40 PM MUAY THAI LEVEL II | |
| | | | | | | CLOSED 1:30 PM | | | |
| | | | | | | OPEN 3:30 PM | | | |
| | | | | 4:30 PM - 5:20 PM KIDS BRAZILIAN JIU JITSU (AGES 10 - 12) | | 4:30 PM - 5:20 PM KIDS BRAZILIAN JIU JITSU (AGES 7 - 9) | 4:30 PM - 5:20 PM KIDS BRAZILIAN JIU JITSU (AGES 10 - 12) | 4:30 PM - 5:20 PM KIDS BRAZILIAN JIU JITSU (AGES 7 - 9) | 4:30 PM - 5:20 PM KIDS MUAY THAI (AGES 9 - 12) |
| | | | | 5:30 PM - 6:20 PM STRIKE 50 FITNESS KICKBOXING | | 5:30 PM - 6:30 PM ADVANCED JIU JITSU | 5:30 PM - 6:15 PM STRIKE 45: PACE FITNESS KICKBOXING | 5:30 PM - 6:20 PM STRIKE 50 FITNESS KICKBOXING | 5:30 PM - 6:20 PM MUAY THAI LEVEL I |
| | | | | 6:30 PM - 7:30 PM BRAZILIAN JIU JITSU | | 6:30 PM - 7:30 PM MUAY THAI LEVEL II | 6:30 PM - 7:30 PM No GI JIU JITSU | 6:30 PM - 7:30 PM MUAY THAI LEVEL II | 6:30 PM - 7:30 PM BRAZILIAN JIU JITSU |
| | 7:35 PM - 8:35 PM OPEN MAT | 7:35 PM - 8:35 PM MUAY THAI LEVEL III | 7:35 PM - 8:35 PM OPEN MAT | 7:35 PM - 8:35 PM MUAY THAI LEVEL III | 30 MINUTE OPEN MAT | | | | |
| | CLOSED 9:00 PM | CLOSED 9:00 PM | CLOSED 9:00 PM | CLOSED 9:00 PM | CLOSED 8:15 PM | | | | |