

Fitness Fight Factory

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FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Kickboxing	F3 Fit	Boxing	F3 Fit	Kickboxing		
9:30 AM	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing	Kickboxing	
10:30 AM						F3 Fit	
12:30 PM						Boxing	Kickboxing
4:30 PM	Kickboxing	Boxing	Kickboxing	Boxing	Boxing		
5:45 PM	F3 Fit	F3 Fit	F3 Fit	F3 Fit	F3 Fit		
7:00 PM	Boxing	Kickboxing	Boxing	Kickboxing			

YOUTH MARTIAL ARTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM						NoGi BJJ	
12:30 PM							
5:00 PM	NoGi BJJ	Gi BJJ	NoGi BJJ	Gi BJJ			
6:00 PM	Youth Boxing	Youth Boxing	Youth Boxing	Youth Boxing	Youth Boxing		
6:00 PM			Novice Wrestling		Novice Wrestling		
7:00 PM	Wrestling		Wrestling		Wrestling		

ADULT MARTIAL ARTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	BJJ		BJJ		BJJ		
9:00 AM							
11:30 AM	Gi BJJ	NoGi BJJ	Gi BJJ	NoGi BJJ	NoGi BJJ	No Gi BJJ	
12:30 PM	Boxing	Muay Thai	Boxing	Muay Thai			
6:00 PM	NoGi BJJ	Gi BJJ	NoGi BJJ	Gi BJJ	Boxing		
6:00 PM		<i>*F3 Fight Team*</i>		<i>*F3 Fight Team*</i>			
7:00 PM	Boxing	Boxing	Boxing	Boxing	Muay Thai		
7:30 PM	Muay Thai		Muay Thai				