

Fitness Fight Factory Schedule

8443 Boulevard 26 North Richland Hills, TX 76180

817-656-5600 • info@fitnessfightfactory.com



FITNESS CLASSES

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

KIDS MARTIAL ARTS

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

ADULT MARTIAL ARTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Gi BJJ	NoGi BJJ	Gi BJJ	NoGi BJJ	Gi BJJ		
9:30 AM		NoGi Advanced		BJJ Advanced			
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			
6:00 PM	*F3 Fight Team*	*F3 Fight Team*	*F3 Fight Team*	*F3 Fight Team*	Boxing		
7:00 PM	Boxing	Boxing	Boxing	Boxing			
7:30 PM	Muay Thai		Muay Thai				

Updated February 2020