



2020 Fall Schedule

Group	Striking No-Contact	Striking: Limited/Full Contact	BJJ: No-Contact	BJJ: Limited/Full Contact	Women's Self-Defense
Monday	Monday	Monday	Monday	Monday	Monday
6a - 6:45a				Adult	
7a - 12p	Available for Private Instruction				
3:30p - 4p	Virtual Class				
4:15p - 4:45p	Kids (4-8)				
5p - 5:45p		Kids (9-12)			
6p - 6:45p		Adult			
6:45p - 8p				Adult	
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
7a - 12p	Available for Private Instruction				
4:15p - 4:45p			Kids (4 - 6)		
5p - 5:30p			Kids (7 & 8)		
5:45p - 6:15p			Kids (9 - 12)		
6:30p - 6:45p	Ask Ranard: Q&A Session				
6:45p - 8p				Adult	
8p - 9p	Available for Private Instruction				
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
6-6:45a				Adult	
7a-12p	Available for Private Instruction				
12:30p - 1p	UNLEASHED CARDIO FIT: 13-17 YEARS OLD				
1:15p - 1:45p	UNLEASHED CARDIO FIT: 10-12 YEARS OLD				
2p-2:30	UNLEASHED CARDIO FIT: 7-9 YEARS OLD				
2:45p - 3:15p	UNLEASHED CARDIO FIT: 5-6 YEARS OLD				
3:30p-4p	Virtual Class				
4:15p-5p				Kids (4 - 6)	
5:15p - 6p				Kids (7 & 8)	
6:15p - 7p				Kids (9 - 12)	
Thursday	Thursday	Thursday	Thursday	Thursday	Thursday
7a - 12p	Available for Private Instruction				
4:15p - 4:45p				Kids (4 - 6)	
5p - 5:30p				Kids (7 & 8)	
5:45p - 6:15p				Kids (9 - 12)	
6:30p - 6:45p	Ask Ranard: Q&A Session				
6:45p - 8p				Adult	
Friday	Friday	Friday	Friday	Friday	Friday
6a - 6:45am				Adult	
7am-11am	Available for Private Instruction				
6:30p - 7:45pm					Women only 1st & 3rd Friday
Saturday	Saturday	Saturday	Saturday	Saturday	Saturday
8a - 8:30a	Available for Private Instruction				
8:45a - 9:45a				Kids (4-6)	
10a - 11:00a				Kids (7 & 8)	
11:15a - 12:15p				Kids (9-12)	
12:30p - 2p				Adult	

Legend
Adult
Kids
Virtual Class
UNLEASHED CARDIO FIT
Ask Ranard- Q&A
Private Instruction