

Fitness Fight Factory Schedule

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FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Kickboxing	F3 Fit	Boxing	F3 Fit	Kickboxing	
9:30 AM	Kickboxing	Boxing	Kickboxing	Boxing Fit	Kickboxing	Kickboxing
10:30 AM						F3 Fit
12:30 PM						Yoga
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		

KIDS MARTIAL ARTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 AM						NoGi BJJ
12:30 PM						
5:00 PM	NoGi BJJ	Gi BJJ	NoGi BJJ	Gi BJJ	BJJ comp class	
6:00 PM	Youth Boxing	Youth Boxing	Youth Boxing	Youth Boxing	Youth Boxing	

ADULT MARTIAL ARTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	BJJ		BJJ		BJJ	
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*	Boxing	
7:00 PM	Boxing	Boxing	Boxing	Boxing	Muay Thai	
7:30 PM	Muay Thai		Muay Thai			

Updated April 2022

Hours

Monday- Thursday 6:00am- 9:00pm

Friday 6:00am- 8:00pm

Saturday 9:00am-2:00pm