



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Sudden Impact Fight Team Cardio-Agility Training (11:00-12:00pm)
Young Champions Ages 5 - 12 (4:30-5:30pm)	Young Champions Ages 5 - 12 (4:30-5:30pm)	Young Champions Ages 5 - 12 (4:30-5:30pm)	Young Champions Ages 5 - 12 (4:30-5:30pm)			
Fight & Fit (5:30-6:00pm)	Fight & Fit (5:30-6:00pm)	Fight & Fit (5:30-6:00pm)	Fight & Fit (5:30-6:00pm)			
Doce Pares Boxing / Muay Thai (6:00-7:00pm)	Boxing / Muay Thai (6:00-7:00pm)	Doce Pares Boxing / Muay Thai (6:00-7:00pm)	Boxing / Muay Thai (6:00-7:00pm)	Sudden Impact Fight Team Weight Training (7:00-8:00pm)		
Submission Wrestling (7:00-8:00pm)	Submission Wrestling (7:00-8:00pm)	Submission Wrestling (7:00-8:00pm)	Submission Wrestling (7:00-8:00pm)			