

NEXT LEVEL

MARTIAL ARTS & FITNESS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00 am								
8:15 am								
8:30 am	Strength & Conditioning	Mixed Martial Arts/ Sparring	Conditioning	Mixed Martial Arts/ Sparring				
8:45 am								
9:00 am								
9:15 am								
9:30 am								
9:45 am						MMA Conditioning		
10:00 am								
10:15 am								
10:30 am						Brazilian Jiu-Jitsu No-Gi		
10:45 am								
11:00 am								
11:15 am								
11:30 am						Brazilian Jiu-Jitsu With Gi**		
11:45 am	Executive Hour Conditioning* (Specialty class Contact for info)		Executive Hour Conditioning* (Specialty class Contact for info)		Executive Hour Conditioning* (Specialty class Contact for info)			
12:00 pm								
12:15 pm								
12:30 pm								
12:45 pm						Open Gym (\$15 Fee for Non-Members)	Women's Boxing* (Specialty class Contact for info)	
1:00 pm								
1:15 pm								
1:30 pm								
1:45 pm								
2:00 pm								
2:15 pm								
2:30 pm								
2:45 pm								
3:00 pm								
3:15 pm								
3:30 pm								
3:45 pm								
4:00 pm			Team Sparring (Req. Coach approval)					
4:15 pm								
4:30 pm								
4:45 pm								
5:00 pm	Brazilian Jiu-Jitsu with Gi**	Team Sparring (Req. Coach approval)	Brazilian Jiu-Jitsu with Gi**	Advanced Conditioning				
5:15 pm								
5:30 pm								
5:45 pm								
6:00 pm	Brazilian Jiu-Jitsu No Gi	Thai Boxing	Brazilian Jiu-Jitsu No Gi	Thai Boxing				
6:15 pm								
6:30 pm								
6:45 pm								
7:00 pm	Conditioning	Mixed Martial Arts/ Sparring	Conditioning	MMA Takedowns/ Sparring	Conditioning			
7:15 pm								
7:30 pm								
7:45 pm								
8:00 pm								
8:15 pm								
8:30 pm								
8:45 pm								

* Specialty class. Not included in a basic membership packages. Contact us for more information.

** Own Gi required