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| **MONDAY** | | | | **TUESDAY** | | | | **WEDNESDAY** | | | | **THURSDAY** | | | | **FRIDAY** | | | **SATURDAY** | | **SUNDAY** |
| **ADULT**  Power Yoga  9:00 – 9:45pm | | | | **ADULT**  Advanced Muay Thai  7:00-9:00pm+ | | **ADULT**  Judo  All levels  7:30- 8:30pm | | **ADULT**  Recovery Yoga  9:00 – 9:45pm | | | | **ADULT**  Advanced Muay Thai  7:00-9:00pm+ | | **ADULT**  Judo  All levels  7:30- 8:30pm | | **ADULT**  Advanced Muay Thai  7:00-9:00pm+ | | |  | |  |
| **ADULT**  Advanced Muay Thai  7:00 9:00pm+ | **YOUTH**  Judo  All levels  7:30- 8:30pm | | **FAMILY**  Group X Class-  7:30- 8:30pm | **ADULT**  Advanced  Muay Thai  7:00 9:00pm+ | **YOUTH**  Judo  All levels  7:30- 8:30pm | | **FAMILY**  Group X Class-P90X  7:30-  8:30pm |
| **ADULT**  Intermediate  Muay Thai  6:30-7:30pm | **YOUTH**  Competition  Team  Muay Thai  6:30- 7:30 | | **YOUTH**  Intermediate  Muay Thai 6:30-7:30pm | **ADULT**  Intermediate  Muay Thai  6:30- 7:30pm | **YOUTH**  Competition  Team  Muay Thai  6:30- 7:30 | | **YOUTH**  Intermediate  Muay Thai 6:30-7:30pm | **ADULT**  Intermediate  Muay Thai  6:30- 7:30pm | **YOUTH**  Competition  Team  Muay Thai  6:30- 7:30 | | **YOUTH**  Intermediate  Muay Thai 6:30-7:30pm | **ADULT**  Intermediate  Muay Thai  6:30- 7:30pm | **YOUTH**  Competition  Team  Muay Thai  6:30- 7:30 | | **YOUTH**  Intermediate  Muay Thai 6:30-7:30pm | **ADULT**  Intermediate  Muay Thai  6:30- 7:30pm | **YOUTH**  Competition  Team  Muay Thai  6:30- 7:30 | **YOUTH**  Intermediate  Muay Thai 6:30-7:30pm |
| **ADULT**  Beginner  Muay Thai  5:30-6:30pm | **CADET**  Beginner  Muay Thai  5:30- 6:30 | | **PEE WEE**  Beginner  Muay Thai 5:30 -6:30pm | **ADULT**  Beginner  Muay Thai  5:30-6:30pm | **CADET**  Beginner  Muay Thai  5:30- 6:30 | | **PEE WEE**  Beginner  Muay Thai  5:30 -6:30pm | **ADULT**  Beginner  Muay Thai  5:30-6:30pm | **CADET**  Beginner  Muay Thai  5:30- 6:30 | | **PEE WEE**  Beginner  Muay Thai 5:30 -6:30pm | **ADULT**  Beginner  Muay Thai  5:30-6:30pm | **CADET**  Beginner  Muay Thai  5:30- 6:30 | | **PEE WEE**  Beginner  Muay Thai 5:30 -6:30pm | **ADULT**  Beginner  Muay Thai  5:30-6:30pm | **CADET**  Beginner  Muay Thai  5:30- 6:30 | **PEE WEE**  Beginner  Muay Thai 5:30-6:30pm |
| **Call to schedule**  **Private class** | | | | **Call to schedule**  **Private class** | | | | **Call to schedule**  **Private class** | | | | **Call to schedule**  **Private class** | | | | **Call to schedule**  **Private class** | | | **ADULT**  Intermediate  Muay Thai  1:30- 2:30pm | **YOUTH**  Muay Thai  1:30-2:30  (all ages) |
| **ADULT**  Beginner  Muay Thai  12:30-1:30pm | **FAMILY**  Judo  12:00-1:30pm |
| **ADULT**  Intermediate Muay Thai  12-1pm | | **ADULT**  Judo  12:15-1:15pm | | **ADULT**  Intermediate Muay Thai-12-1pm | | | | **ADULT**  Intermediate Muay Thai  12-1pm | | **ADULT**  Judo  12:15-1:15pm | | **ADULT**  Intermediate  Muay Thai  12-1pm | | | | **ADULT**  Intermediate  Muay Thai  12-1pm | | |
| **ADULT**  Women’s Self Defense  11:00- 11:45am | |
| **ADULT**  Beginner Muay Thai  11am-12pm | | | | **ADULT**  Beginner Muay Thai  11am-12pm | | | | **ADULT**  Beginner Muay Thai  11am-12pm | | | | **ADULT**  Beginner Muay Thai  11am-12pm | | | | **ADULT**  Beginner Muay Thai  11am-12pm | | |  | | **ADULT**  Intermediate Yoga  10:15 11:00AM |
|  | | | | **FAMILY**  Group X Class-Barefoot Insanity  9:00- 10:00am | | | |  | | | | **FAMILY**  Group X Class-Barefoot Insanity  9:00- 10:00AM | | | |  | | | **ADULT**  Yoga  9:00- 9:45am | | **ADULT**  Yoga  9:15- 10:00am |

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| **ADULT** | 14 years of age and older only may attend |
| **YOUTH** | Both “CADET” and “PEE WEE” may attend |
| **CADET** | 9 years old to 13 years may attend |
| **PEE WEE** | 3 years old to 9 years old may attend (must be fully toilet trained) |
| **FAMILY** | All ages categories may attend |