

# Fitness Fight Factory Schedule

8443 Boulevard 26 North Richland Hills, TX 76180

817-656-5600 info@fitnessfightfactory.com



## FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM	Kickboxing Fit	Boxing Fit	MMA Fit	Boxing Fit	Kickboxing Fit	Kickboxing Fit
10:30 AM						Strength & Conditioning
12:30 PM						Boxing Fit
4:30 PM	Boxing Fit	Kickboxing Fit	MMA Fit	Kickboxing Fit		
5:45 PM	Kickboxing Fit	Boxing Fit	Kickboxing Fit	Boxing Fit	MMA Fit	
6:00 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning		
7:00 PM	MMA Fit	Kickboxing Fit	Boxing Fit	Kickboxing Fit		

## KIDS MARTIAL ARTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30 AM						Gi BJJ
4:15 PM	Kids Wrestling	Kids Kickboxing	Kids Wrestling	Kids Kickboxing		
5:00 PM	No Gi BJJ	Gi BJJ	No Gi BJJ	Gi BJJ		
6:00 PM	Youth Boxing		Youth Boxing		Youth Boxing	

## ADULT MARTIAL ARTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM		Advanced No Gi BJJ		Advanced No Gi BJJ		
11:30 AM	Gi BJJ		Gi BJJ		No Gi BJJ	Gi BJJ
12:30 AM	Muay Thai		Muay Thai			
6:00 PM	No Gi BJJ	Gi BJJ	No Gi BJJ	Gi BJJ	No Gi BJJ	
6:00 PM	*F3 Fight Team Practice*	*F3 Fight Team Practice*	*F3 Fight Team Practice*	*F3 Fight Team Practice*		
7:00 PM	Boxing	Boxing	Boxing	Boxing		
7:30 PM	Muay Thai		Muay Thai			

*\*Updated February 2019\**