

# Fitness Fight Factory Schedule

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## FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00 AM</b>	Boot Camp Kickboxing Fit		Boot Camp Boxing Fit		Boot Camp Strength & Conditioning		
<b>9:30 AM</b>	Kickboxing Fit	Boxing Fit	MMA Fit	Boxing Fit	Kickboxing Fit	Kickboxing Fit	
<b>10:30 AM</b>						Strength & Conditioning	
<b>12:30 PM</b>						Boxing Fit	Boot Camp Kickboxing Fit
<b>4:30 PM</b>	Boxing Fit	Kickboxing Fit	MMA Fit	Kickboxing Fit			
<b>5:45 PM</b>	Kickboxing Fit	Boxing Fit	Kickboxing Fit	Boxing Fit	MMA Fit		
<b>7:00 PM</b>	Strength & Conditioning	Kickboxing Fit	Strength & Conditioning	Kickboxing Fit			

## KIDS MARTIAL ARTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>11:30 AM</b>						No Gi BJJ	
<b>4:15 PM</b>	Kids MMA	Kids Striking	Kids MMA	Kids Striking			
<b>5:00 PM</b>	No Gi BJJ	Gi BJJ	No Gi BJJ	Gi BJJ			
<b>6:00 PM</b>	Youth Boxing		Youth Boxing		Youth Boxing		

## ADULT MARTIAL ARTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>5:30 AM</b>	No Gi BJJ		No Gi BJJ		No Gi BJJ		
<b>11:30 AM</b>	Gi BJJ	No Gi BJJ	Gi BJJ	No Gi BJJ	No Gi BJJ	No Gi BJJ	
<b>12:30 AM</b>		Muay Thai		Muay Thai			
<b>6:00 PM</b>	No Gi BJJ	Gi BJJ	No Gi BJJ	Gi BJJ	No Gi BJJ		
<b>6:00 PM</b>	<i>*F3 Fight Team Practice*</i>	<i>*F3 Fight Team Practice*</i>	<i>*F3 Fight Team Practice*</i>	<i>*F3 Fight Team Practice*</i>	Boxing		
<b>7:00 PM</b>	Boxing	Boxing	Boxing	Boxing			
<b>7:30 PM</b>	Muay Thai		Muay Thai				

*\*Updated April 2019\**