

Fitness Fight Factory Schedule

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FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Kickboxing Fit		Boxing Fit		Strength & Conditioning		
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	Kickboxing 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		
7:00 PM	Strength & Conditioning	Kickboxing Fit	Strength & Conditioning	Kickboxing Fit			

KIDS MARTIAL ARTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
11:30 AM						No Gi BJJ	
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	
5:30 AM	No Gi BJJ		No Gi BJJ		No Gi BJJ		
11:30 AM	Gi BJJ	No Gi BJJ	Gi BJJ	No Gi BJJ	No Gi BJJ	No Gi BJJ	
12:30 AM		Muay Thai		Muay Thai			
6:00 PM	No Gi BJJ	Gi BJJ	No Gi BJJ	Gi BJJ			
6:00 PM	<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		
7:00 PM	Boxing	Boxing	Boxing	Boxing			
7:30 PM	Muay Thai		Muay Thai				

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