



CLASS SCHEDULE.

EFFECTIVE **SEPTEMBER 16, 2026** • FALL 2026

MON	TUE	WED	THU	FRI	SAT
9:00A WOMEN'S ONLY STRENGTH & KICKBOXING		9:00A WOMEN'S ONLY STRENGTH & KICKBOXING		9:00A WOMEN'S ONLY STRENGTH & KICKBOXING	10:00A LITTLE DRAGONS (4-8)
4:00P KIDS MMA & AT (6-12)	4:00P KIDS MMA (6-12)	4:00P KIDS MMA & AT (6-12)	4:00P KIDS MMA (6-12)	4:00P KIDS MMA & AT (6-12)	10:30A KIDS MMA (6-12)
4:45P YOUTH MMA & AT (11-17)	4:45P YOUTH MMA (11-17)	4:45P YOUTH MMA & AT (11-17)	4:45P YOUTH MMA (11-17)	4:45P YOUTH MMA & AT (11-17)	11:15A YOUTH-TEEN-ADULT MMA (13+)
5:30P CO-ED KICKBOXING	6:00P WOMEN'S ONLY KICKBOXING	5:30P CO-ED KICKBOXING	6:00P WOMEN'S ONLY KICKBOXING		
6:30P TEEN & ADULT MMA (ADVANCED)		6:30P TEEN & ADULT MMA (ADVANCED)			
7:30P JIU-JITSU	7:30P JIU-JITSU	7:30P JIU-JITSU	7:30P JIU-JITSU		1:30P JIU-JITSU

* KIDS & YOUTH CLASSES 30-45 MIN

** TEEN / ADULT AND STRENGTH & KICKBOXING 60 MIN

*** KIDS: UNIFORM & SPORTS ATTIRE REQUIRED

THE CLASSES. WHAT EACH PROGRAM BUILDS

AT	ATHLETIC TRAINING Strength, speed, agility and coordination training that improves overall athletic performance for any sport.
MMA	MIXED MARTIAL ARTS A full-contact combat sport combining striking, wrestling, and ground grappling. Key components include striking (boxing & kickboxing) and grappling (wrestling, Jiu-Jitsu) to build confidence, discipline, and real-world self-defense skills.
S&K	STRENGTH & KICKBOXING Strength training and kickboxing rounds in one full-body workout that builds real strength, stamina, and striking skill.
KB	KICKBOXING High-intensity training where bag work meets combat fitness. Build strength, burn calories, and leave stress on the mat. Confidence built with every combination.