

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>HIIT 7:00 am</p>	<p>Weith Training Circuit 7:30 am</p>	<p>Jiu Jitsu (fundamentals) 8:00 am</p>	<p>Weight Training Circuit 7:30 am</p>	<p>HIIT 7:00 am</p>	<p>Weight Training Circuit 9:30 am</p>	<p>Jiu Jitsu (GI) 9:00 am</p>
<p>HIIT 7:30 am</p>	<p>Weight Training Circuit 9:00 am</p>	<p>Bull Dogs 2:00 pm</p>	<p>Weight Training Circuit 9:00 am</p>	<p>HIIT 7:30 am</p>		
<p>HIIT 8:00 am</p>	<p>Boxing 6:00 pm</p>	<p>Kids Kickboxing 3:00 pm</p>	<p>Boxing 6:00 pm</p>	<p>HIIT 8:00 am</p>		
<p>Kids Jiu Jitsu 3:30 pm</p>		<p>Kickboxing 5:00 pm</p>		<p>Kids Jiu Jitsu 3:30 pm</p>		
<p>Kettlebells 5:00 pm</p>		<p>NO GI Grappling 6:00 pm</p>		<p>Kettlebells 5:00 pm</p>		
<p>Jiu Jitsu (GI) 6:00 pm</p>				<p>Jiu Jitsu (GI) 6:00 pm</p>		
<p>Kickboxing 7:00pm</p>				<p>Kickboxing 7:00 pm</p>		