

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM		Condition Kickboxing Rolando		Condition Kickboxing Terry			
7:30 AM	OPEN gym	OPEN gym	OPEN gym	OPEN gym	OPEN gym	open gym	
8:30 AM	OPEN gym	OPEN gym	OPEN gym	OPEN gym	OPEN gym	OPEN gym	
9:30 AM	OPEN gym	OPEN gym	OPEN gym	OPEN gym	OPEN gym	Condition Boxing Chris	Condition Boxing Chris
10:30 AM							
11:00AM	OPEN gym	OPEN gym	OPEN gym	OPEN gym	OPEN gym		
12:00 PM	Condition Boxing carl	Condition Boxing carl	Condition Boxing Brian	Condition Kickboxing Rolando	Condition Boxing Jamie		
1:00 PM	OPEN gym	OPEN gym	OPEN gym	OPEN gym	OPEN gym		
2:30pm	OPEN gym	OPEN gym	OPEN gym	OPEN gym	OPEN gym		
4:30 PM	Condition Boxing Terry	Condition Kickboxing Chino	Condition Boxing Chino	Condition Kickboxing Chino	Condition Boxing Terry		
5:30 PM	Condition Kickboxing Duane	Condition Boxing Terry	Condition Kickboxing Matthew	Condition Boxing Duane	Condition Kickboxing Matthew		
6:30 PM	Condition Boxing Chris	Condition Boxing Rolando	Condition Boxing Chris	Condition Boxing tony	Condition Boxing Chris		
7:30pm							
YOUTH CLASSES		Youth class 6pm&7pm		Youth class 6pm&7pm			
Hours:	6:30am-9:00pm	7:30am-9:00pm	6:30am-9:00pm	8:00 am 9:00pm	6:30am-9:00pm	7:00am-2:00pm	9:00am-2:00pm
<b>A1-DANCE 4 KIDS COMING SOON CLASSES START MARCH 13TH MON &amp; WED FIRST CLASS AGES 5-10 6:30-7:30 SECOND CLASS AGES 11-16 7:30-8:30</b>							
<b>Fitness Kickboxing:</b> This class is designed so that you build strength and cardio at the same time while learning Muay Thai kickboxing. The class is designed so that you learn the techniques and will be able to apply them in actual self-defense situations.							
<b>Pro-Boxing:</b> This class is for Professional Boxers and Amateur/Professional Muay Thai and MMA competitors. This class will focus on professional training and competition for all participants. Training will be intense and sparring mandatory.							
<b>Sparring:</b> This class will be for those members training for competition or members who want to apply learned techniques in a controlled sparring environment. Men and women will be matched up according to weight and skill level with all appropriate protection gear. Chris Green and Alex Volkov will consistently monitor the sparring sessions.							
<b>Personal Training:</b> These one-on-one sessions will incorporate training by a Certified Professional Trainer who will help you reach your desired fitness or sports goals.							