



Class Schedule
Effective: February 1, 2022

Tiny Tigers: Ages 3.5-5

Tuesday - 4:00pm
Saturday - 10:30am

Little Dragons: Ages 5-7.5

Monday - 4:30pm
Tuesday - 6:00pm
Wednesday - 5:00pm
Thursday - 6:00pm
Saturday - 11:00am

Junior Achievers:

Ages 8 & up

Monday - 6:00pm
Tuesday - 5:15pm
Wednesday - 4:15pm
Thursday - 4:15pm -Sparring
Thursday - 5:00pm
Saturday - 11:30am
Saturday - 12:15pm -Sparring

Junior Achievers:
Purple Belts & Up

Monday - 5:15pm
Tuesday - 4:30pm
Wednesday - 5:30pm
Thursday - 4:15pm - Sparring
Thursday - 5:00pm
Saturday- 11:30am
Saturday - 12:15pm - Sparring

Adult & Teen Classes

Mixed Martial Arts & Fitness:

Monday - 7:00pm
Tuesday - 6:30pm
Wednesday - 7:00pm
Thursday - 6:30pm
Saturday - 8:45am
Saturday - 9:30am

HIIT Class:

Wednesday - 6:15pm
Saturday - 8:00am
*Dumbbells required

Muay Thai/MMA Sparring:

Tuesday - 7:15pm
Thursday - 7:15pm
*Sparring Gear required

Kickboxing:

Tuesday - 9:30am
Thursday - 9:30am
Saturday - 8:45am
Saturday - 9:30am