



STW Schedule

Fitness, Self Defense, Strike Force & F.I.S.T. Boxing
Effective August 1st, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						HYROX (60min)
8:15 AM	Strength (60Min)	WILL NOW OPEN AT 10 AM	Fury (60min)	WILL NOW OPEN AT 10 AM	Strength + (60min)	Cycle (60min)
9:15AM						KM Beginner (60min)
9:30 AM	KM Beginner (60min)		KM Beginner (60min)		KM Beginner/ Intermediate (60min)	Strength + (60min) MMA (60mins) (Level 2 & up, Intermediate/Advanced)
10:30 AM						F.I.S.T. Boxing (60min) Kids Strikes Force (60min)
12:00PM	Strength + (45min)	Fury (45min)	Power Fit (45min)	Strength (45min)	Burn Baby Burn (45min)	

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM	Strength (60min)	Kettlebell (45 min)	Rev HIT Punch (45 min)	Fury (45min)	Kettlebell Strong (45min)	
5:30 PM	Cycle (60min)	Strength (45min)	Fury (45min)	Power Fit (45min)	CLOSE AT 5:30PM	CLOSE AT 2PM
5:45 PM	Inferno (45min)					
6:00 PM		Kids Strikes Force (60min) KM Beginner (60min)		Kids Strikes Force (60min) KM Beginner (60min)		
6:15 PM	F.I.S.T. Boxing (60min)	F.I.S.T. Cardio Kick Boxing (60min) Muay Thai (60min) (Open to Level 2 & up, Intermediate/Advanced)	F.I.S.T. Boxing (60min)	F.I.S.T. Cardio Kick Boxing (60min)		
6:30 PM	KM Beginner (60 min) KM Intermediate (60min) KM Advanced (60min) Strength (60min)	Power fit (60min)	KM Beginner (60min) KM Intermediate (60min) KM Advanced (60 min) Kettlebell Strong (45min)	KM Intermediate/Advanced (60 min) Strength + (60min)		
	CLOSE AT 8:00 PM	CLOSE AT 8:00 PM	CLOSE AT 8:00 PM	CLOSE AT 8:00 PM		

Please Note The Following:

Groin Protectors are
MANDATORY
 in all KM classes
KM students: Must have
all the appropriate gear for class.
 Head gear, mouthguard, shin
 guards,
 Men: 16oz gloves,
 Women: 14oz gloves

KM BEGINNER: Level 1
KM INTERMEDIATE: Level 2 & 3
KM ADVANCED: Level 4
KM MASTERS: Level 5
KM ELITE: Level 6



100 Crossroads Blvd. Suite # 103
 (210) 348-6127
 Check our website www.stwfit.com
 For upcoming, seminars, events & more

RED - SELF DEFENSE CLASSES
 BLUE - FITNESS CLASSES
 ORANGE - F.I.S.T. BAG CLASSES
 GREEN - KIDS CLASSES



STW Schedule

Fitness, Self Defense, Strike Force & F.I.S.T. Boxing
Effective August 17st, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						HYROX (60min)
8:15 AM	Strength (60Min)	WILL NOW OPEN AT 10 AM	Fury (60min)	WILL NOW OPEN AT 10 AM	Strength + (60min)	Cycle (60min)
9:15AM						KM Beginner (60min)
9:30 AM	KM Beginner (60min)		KM Beginner (60min)		KM Beginner/Intermediate (60min)	Strength + (60min) MMA (60mins) (Level 2, 3, & up, Intermediate/Advanced)
10:30 AM						F.I.S.T. Boxing (60min) Kids Strikes Force (60min)
12:00PM	Strength + (45min)	Fury (45min)	Power Fit (45min)	Strength (45min)	Burn Baby Burn (45min)	

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM	Strength (60min)	Kettlebell (45 min)	Rev HIT Punch (45 min)	Fury (45min)	Kettlebell Strong (45min)	
5:30 PM	Cycle (60min)	Strength (45min)	Fury (45min)	Power Fit (45min)	CLOSE AT 5:30PM	CLOSE AT 2PM
5:45 PM	Inferno (45min)					
6:00 PM		Kids Strikes Force (60min)		Kids Strikes Force (60min)		
		KM Beginner (60min)		KM Beginner (60min)		
6:15 PM	F.I.S.T. Boxing (60min)	F.I.S.T. FIT Boxing (60min)	F.I.S.T. Boxing (60min)	F.I.S.T. FIT Boxing (60min)		
		Muay Thai (60min) (Level 2, 3, & up, Intermediate/Advanced)	Grounded (60 min) (Level 2, 3, & up, Intermediate/Advanced)			
6:30 PM	KM Beginner (60 min) KM Intermediate/Advanced (60min) Strength (60min)	Power fit (60min)	KM Beginner (60min) Kettlebell Strong (45min)	KM Intermediate/Advanced (60 min) Strength + (60min)		
	CLOSE AT 8:00 PM	CLOSE AT 8:00 PM	CLOSE AT 8:00 PM	CLOSE AT 8:00 PM		

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