

CLASS TIMETABLE

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:00	MUAY THAI		MUAY THAI		MUAY THAI	JU JITSU FIGHTING SYSTEM	CLOSED
10:00 - 11:00	OPEN MAT	WESTERN BOXING	OPEN MAT	WESTERN BOXING	OPEN MAT	OPEN MAT	
11:00 - 12:00	EMERGENCY SELF-DEFENSE	OPEN MAT	EMERGENCY SELF-DEFENSE	OPEN MAT	EMERGENCY SELF-DEFENSE	WESTERN BOXING	
12:00 - 13:00							
13:00 - 14:00	OPEN MAT		OPEN MAT		OPEN MAT	OPEN MAT	
14:00 - 15:00		COMBAT CONDITIONING		COMBAT CONDITIONING		JUNIOR KICKBOXING	
15:00 - 16:00		OPEN MAT		OPEN MAT		OPEN MAT	
16:00 - 17:00						OPEN SPARRING	
17:00 - 18:00							
18:00 - 19:00	MUAY THAI	JUNIOR KICKBOXING	MUAY THAI	JUNIOR KICKBOXING	MUAY THAI	CLOSED	
19:00 - 20:00	OPEN MAT	JU JITSU FIGHTING SYSTEM	OPEN MAT	JU JITSU FIGHTING SYSTEM	OPEN MAT		

CONTACT:



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