



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**9:15 - 9:45 AM**

Lil Tigers

**10:00 AM**

TaeKwonDo

**11:05 AM**

Kendo

**4:00 PM**

**PRIVATE**

**PRIVATE**

**PRIVATE**

**PRIVATE**

**PRIVATE**

MMA 4-6pm  
Mixed Martial Arts

**PRIVATE**

**5:15 - 5:45 PM**

Cardio Fitness  
Kickboxing/ MMA

Lil Tigers

Cardio Fitness  
Kickboxing

MMA 5:15-8pm  
Mixed Martial Arts

**PRIVATE**

MMA:  
Mixed Martial Arts

**PRIVATE**

**6:00 - 7:00 PM**

MMA 5:15-8pm  
Mixed Martial Arts

TaeKwonDo

TaeKwonDo

MMA:  
Mixed Martial Arts

**PRIVATE**

**PRIVATE**

**PRIVATE**

**7:00 - 8:00 PM**

Sogo Ryu Bujutsu,  
Self Defense, MMA

Tai Chi

Sogo Ryu Bujutsu,  
Self Defense,  
MMA 7-9pm

Yoga 6:30pm

**PRIVATE**

**PRIVATE**

**PRIVATE**