

MIXED LEVELS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 6AM - 11PM	BOOTCAMP with Anna 07:00-07:45	KETTLEBELLS with Silviu 07:00-07:45	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	KETTLEBELLS with Silviu 09:00-09:45	HIIT with Hugo 09:00 - 09:45
	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM			TEENS (13-16) MMA ACADEMY 10:00-10:55 INTER/ADV	JUNIORS (8-12) 10:00-11:00
					INTERM/ADVANCED MMA FIGHT TEAM with Ayman 11:00-12:00	TEENS (13-16) 11:00-12:00 FUNDAMENTALS
BOXFIT with Mike 12:15-13:15	ALL LEVELS BOXING with Vakha 13:15-14:15	BOXFIT with Mike 12:15-13:15	ALL LEVELS BOXING with Vakha 13:15-14:15	BOXFIT with Mike 12:15-13:15	OPEN GYM 6AM - 6PM	KIDS MMA (5-7) 12:00-12:45
OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM		OPEN GYM 6AM - 6PM
TEENS (13-16) MMA ACADEMY 17:00-18:00 INTER/ADV	JUNIORS (8-12) 17:00-18:00	TEENS (13-16) MMA ACADEMY 17:00-18:00 INTER/ADV	JUNIORS (8-12) 17:00-18:00	TEENS (13-16) MMA ACADEMY 17:00-18:00 FUNDAMENTALS		
INTERM/ADVANCED MUAYTHAI with Ahmad 18:00-19:00	INTERM/ADVANCED MMA WRESTLING with Ayman 18:00-19:00	INTERM/ADV BOXING with Ayman 18:00-19:00	INTER/ADV MMA GRAPPLING with Ayman 18:00-19:00	INTERM/ADV MMA WRESTLING with Hossein 18:00-19:00	Equipment required Wrestling/Grappling: No equipment MMA Team: MMA Gloves & Shinguards Boxing: Boxing Gloves Muay Thai: Boxing Gloves & Shinguards Sparring Requirements MMA: 8oz MMA Gloves & Shinguards Boxing: 16oz Gloves Muay Thai: 16oz Gloves & Shinguards Groin guard, Gumshield & Headgear for all sparring	
INTERM/ADV BOXING with Ayman 19:00-20:00	INTERM/ADVANCED MUAYTHAI with Ahmad 19:00-20:00	INTERM/ADVANCED MMA FIGHT TEAM with Ayman 19:00-20:00	INTERM/ADVANCED MUAYTHAI with Ahmad 19:00-20:00	INTERM/ADV BOXING with Rahim 19:00-20:00		
FUNDAMENTALS MMA WRESTLING with Ayman 20:00-21:00	FUNDAMENTALS MUAYTHAI with Ahmad 20:00-21:00	FUNDAMENTALS MMA GRAPPLING with Ayman 20:00-21:00	FUNDAMENTALS MUAYTHAI with Ahmad 20:00-21:00	FUNDAMENTALS BOXING with Arin 20:00-21:00		