



Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9am Tai Chi (Willow Grove Chen Taichi)	11:00am Mobility & Mindfulness
					12:00pm Little Kicks (Wrestling)	12:00pm Grappling (No-Gi BJJ)
					1:00pm Striking (Boxing)	1:00pm Striking (Dutch kickboxing)
5:30pm Little Kicks (Muay Thai Kickboxing)	5:30pm Little Kicks (Boxing)	5:30pm Little Kicks (Dutch Kickboxing)				
6:30pm Striking (Muay Thai Kickboxing)	6:30pm Striking (Dutch kickboxing)	6:30pm Striking (Muay Thai Kickboxing)	6:30pm Mixed Martial Arts	6:30pm Striking (Boxing)		
7:30pm Grappling (No-Gi BJJ)	7:30pm Grappling (Wrestling)	7:30pm Grappling (No-Gi BJJ)	7:30pm Open Sparring & grappling	7:30pm Open Sparring & grappling		
8:30pm Practice & Roll	8:30pm Practice & Roll	8:30pm Practice & Roll				

- Website members, Please Download FITKICK! App that was sent in email to reserve your Spot (Check spam). It's also the easiest way to receive Gym updates, discount notifications, and to keep in contact with Coach.