



Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---------------------------------------|------------------------------------|---------------------------------------|---|
| | 6:30am Striking (Muay Thai Kickboxing) | | 6:30am Striking (Dutch Kickboxing) | | 9:30am Mental Training | 11:00am Grappling (No-Gi BJJ) |
| | | | | | 10:30am Mixed Martial Arts | 12:00pm Striking (Dutch kickboxing) |
| | | | | | 11:30am MMA Technical Sparring | |
| | | | | | 12:00pm Little Kicks | |
| 5:30pm Little Kicks | 5:30pm Little Kicks | 5:30pm Little Kicks | | | | |
| 6:30pm Striking (Muay Thai Kickboxing) | 6:30pm Striking (Dutch kickboxing) | 6:30pm Striking (Muay Thai Kickboxing) | 6:30pm Striking (Boxing) | 6:30pm Striking (Boxing) | | |
| 7:30pm Grappling (No-Gi BJJ) | 7:30pm Grappling (Wrestling) | 7:30pm Grappling (No-Gi BJJ) | 7:30pm Technical Sparring | 7:30pm Technical Sparring | | |
| 8:30pm Practice & Roll | 8:30pm Practice & Roll | 8:30pm Practice & Roll | | | | |

Important Detail:

- Classes are reservation only, and YOU MUST RESERVE your spot on WWW.FITKICKMMA.COM scheduling website or App to attend. You will not be able to participate unless you have a reservation.
- Personal Training Clients please schedule your sessions around Martial Arts class times.
- You may enter the building 5 minutes before your class start time.