

## Gym Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM					Kick Fit	Kids Jiu-Jitsu
11:00 AM					Kickboxing	Adult Jiu-Jitsu
3:30-4:15 PM	Kick Fit		Kick Fit			
4:15-5:15 PM	Kickboxing	Amateur Boxing*	Kickboxing	Amateur Boxing*		
5:15 - 6:15 PM	Amateur Boxing	Amateur Boxing	Amateur Boxing	Amateur Boxing	Amateur Boxing	
6:15 - 7:15 PM		Kids Jiu-Jitsu		Kids Jiu-Jitsu		
6:30 - 7:30 PM	Adult Jiu-Jitsu ProBoxing**	Pro Boxing**	Pro Boxing**	Pro Boxing**	Pro Boxing**	
7:15 - 8:15 PM		Adult Jiu-Jitsu		Adult Jiu-Jitsu		

\*<1yr experience only

\*\*Pro card required or invitation only

[www.fisticuffsgym.com](http://www.fisticuffsgym.com)

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