

| | MON | TUE | WED | THU | FRI | SAT |
|---------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|--------------------|------------|
| 9:30 AM - 10:30 AM | cardio kickboxing | | cardio kickboxing | | cardio kickboxing | |
| 10:00 AM - NOON | | | | | | open mat |
| NOON - 1:00 PM | | | mixed martial arts | | mixed martial arts | |
| 5:00 PM - 5:30 PM | samurais (age 4-7) | samurais (age 4-7) | samurais (age 4-7) | samurais (age 4-7) | | |
| 5:30 PM - 6:15 PM | kids (age 8-13) | kids (age 8-13) | kids (age 8-13) | kids (age 8-13) | | |
| 6:30 PM - 7:30 PM | muay thai kickboxing (shin guards) | muay thai kickboxing (shin guards) | muay thai kickboxing (shin guards) | muay thai kickboxing (shin guards) | | |
| 7:30 PM - 8:30 PM | mixed martial arts (dojo-gi) | mixed martial arts (no gi) | mixed martial arts (dojo-gi) | mixed martial arts (no gi) | | |
| 8:30 PM - 9:00 PM | sparring (dojo-gi) | sparring (no gi) | sparring (dojo-gi) | sparring (no gi) | | |