

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am Boot Camp by Sifu Peter		5:00am-6:00am Boot Camp by Sifu Peter	5:00am-6:00am Boot Camp by Sifu Peter	5:00am-6:00am Boot Camp by Sifu Peter	
					9:00am-9:45am Cardio Kickboxing
3:30pm-4pm Private Lesson		3:30pm-4pm Private Lesson			
4:15pm-4:45pm Pee Wee MMA Ages 3-5	4:00pm-4:30pm Private Lesson Sifu Cherry	4:15pm-4:45pm Pee Wee MMA Ages 3-5		4:00-4:30pm Private Lesson Sifu Cherry	
4:45pm-5:30pm Kids MMA Ages 6 and up	4:30pm-5:00pm Private Lesson Sifu Cherry	4:45pm-5:30pm Kids 2 MMA Ages 6 and up			
		5:15pm-5:45pm Private Lesson in cage			
5:30pm-6:15pm Pre Teens MMA Ages 8-12 Conditioning overlapping with Teens MMA	5:30pm-6:15pm Make up MMA Class	5:30pm-6:15pm Pre-Teens MMA Ages 8-12 Conditioning overlapping with Teens MMA	4:30pm-5pm Private lesson	5:15pm-5:45pm Private Lesson Sifu Cherry	
6:00pm-6:45pm Teens MMA	-	6:00pm-6:45pm Teens MMA	5:00pm-6:00pm Private Lesson Sifu Cherry	6:00pm-7:00pm Adult MMA Sparring	
	6:15pm-7:15pm Cardio Kickboxing		6:15pm-7:15pm Cardio Kickboxing Private lesson at 6pm in cage		
6:15pm-7:15pm Adult MMA All Levels	7:15pm-7:45pm Women's MMA	6:15pm-7:15pm Adult MMA All Levels	7:15pm-7:45pm Women's MMA		
	7:15pm-8:15pm Black belt Class	7:30pm-8:30pm Private Lesson			