

FORGE ATHLETICS

CLASS SCHEDULE

EFFECTIVE MARCH 2, 2026

MONDAY/WEDNESDAY	TUESDAY/THURSDAY	FRIDAY	SATURDAY
930a WOMENS BOOT CAMP HIIT/KICKBOX	930a WOMENS BOOT CAMP STRENGTH & COND	930a WOMENS BOOT CAMP HIIT/KICKBOX	
4p KIDS (6-12) MARTIAL ARTS	430p KIDS (6-12) CT & MMA	430p KIDS (6-12) CT & MMA	1030a KIDS (4-8) MARTIAL ARTS
445p YOUTH (11-17) MARTIAL ARTS	515p YOUTH (11-17) CT & MMA	515p YOUTH (11-17) CT & MMA	11:15a KIDS (6-12) CT & MMA
6p TEEN/ADULT (15+) MMA	6p TEEN/ADULT (15+) BOXING/KICKBOXING		12p TEEN/ADULT (13+) MMA
730p JIU-JITSU	730p JIU-JITSU		

*KIDS-YOUTH CLASS are 30-45 minutes **TEEN/ADULT CLASS and BOOT CAMP are 60 minutes

***KIDS must wear uniform and appropriate sports clothing to class



FORGE
ATHLETICS

239-799-5425

1984 Tamiami Trail N.

Space G0003

Naples, Florida 34102

www.ForgeAthletics.com

KIDS - YOUTH CROSS-TRAINING (CT)

Cross-Training builds athletic confidence, stronger bodies, coordination & well-rounded athletes

KIDS - YOUTH MARTIAL ARTS (MMA)

MMA build confidence, discipline, and real-world self-defense skills in a supportive, structured & rewarding environment

BC HIIT/KICKBOXING

High-intensity training, bag work meets combat fitness build strength, shred fat, and leave stress on the mat

BC STRENGTH-COND

Boot Camp Strength & Conditioning: High-energy workouts that build real strength, stamina, and unstoppable results

BOXING/KICKBOXING

Learn real technique, build explosive power, master striking skills while torching calories and building confidence with every combination