



CLASS SCHEDULE.

EFFECTIVE **JUNE 8, 2026** · SUMMER 2026

TIME	MON	TUE	WED	THU	FRI
8:00A	WOMEN'S ONLY BOOT CAMP		WOMEN'S ONLY BOOT CAMP		WOMEN'S ONLY BOOT CAMP
9A-3P	<div style="background-color: #f47920; color: white; padding: 5px; text-align: center;"> ALL WEEK SUMMER CAMP MON-FRI · 9:00A-3:00P </div>				
3:45P	KIDS CT & MMA (6-12)	KIDS MMA (6-12)	KIDS CT & MMA (6-12)	KIDS MMA (6-12)	KIDS CT & MMA (9+)
4:30P	YOUTH CT & MMA (11-17)	YOUTH MMA (11-17)	YOUTH CT & MMA (11-17)	YOUTH MMA (11-17)	
5:30P	TEEN / ADULT MMA (15+)	WOMEN'S ONLY KICKBOX & SD	TEEN / ADULT MMA (15+)	WOMEN'S ONLY KICKBOX & SD	
7:30P	JIU-JITSU	JIU-JITSU	JIU-JITSU	JIU-JITSU	

* KIDS & YOUTH CLASSES 45 MIN

** TEEN / ADULT AND BOOT CAMP 60 MIN

*** KIDS: UNIFORM & SPORTS ATTIRE REQUIRED

THE CLASSES. WHAT EACH PROGRAM BUILDS

- CT** **KIDS & YOUTH CROSS-TRAINING**

Coordination, balance, and real strength. The athletic base every other sport builds on.
- MMA** **MARTIAL ARTS (ALL AGES)**

Self-defense, discipline, and real confidence. Real skills that carry off the mat, for kids, teens, and adults.
- HIIT** **BOOT CAMP HIIT / KICKBOXING**

Bag work, striking, and conditioning. Hard training that builds real strength.
- STR** **STRENGTH & CONDITIONING**

Real strength and conditioning, coached. Show up, do the work, get stronger.
- BOX** **BOXING / KICKBOXING**

Fundamentals first. Then the speed, power, and timing that come from doing it right.